

Journal Prompts For Releasing Stress & Anxiety

1. Write about the parts of your life you are most grateful for.
2. Write 3 things that made today a great day.
3. Write about a time in your life that was difficult but overcame everything and came out stronger than before.
4. Write down what is going on in the world that makes you feel anxious.
5. What is your favourite thing to do for fun.
6. What are 5 words that describe you?
7. What do you think is your greatest achievement?
8. Write a sentence that starts with 'I am proud of myself when I...' and fill it out.
9. What is your favourite calming activity?
10. What are 3 things you would like to stop doing?

"If you can solve the problem, then what is the need of worrying? If you cannot solve it, then what is the use of worrying?"

-author unknown

