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*Stress Relieving
Journal Prompts*

FOR YOUR DAILY JOURNAL

STRESS RELIEF PROMPTS PT 1

1. What are some things that are causing me stress right now? How can I address these stressors or reduce their impact on my life?
2. What are some things that I am grateful for? How can I cultivate more gratitude in my life?
3. What are some activities that I enjoy doing? How can I make time for these activities in my schedule?
4. How do I cope with stress? Are these coping mechanisms healthy and effective, or do I need to find new ways to manage my stress?
5. How do I take care of myself when I am feeling stressed or overwhelmed? What are some self-care practices that I can incorporate into my daily routine?
6. How do I communicate with others when I am feeling stressed or anxious? Are there any patterns or habits in my communication that I can improve?
7. What are some things that I have accomplished recently that I am proud of? How can I celebrate these accomplishments and use them as motivation for future goals?
8. How do I want to feel on a daily basis? What are some actions that I can take to cultivate these feelings?
9. What are some things that I can let go of in order to reduce stress and create more space in my life?

STRESS RELIEF PROMPTS PT 2

10. How does stress affect my body, mind, and emotions? What are some physical and mental symptoms that I experience when I am stressed?
11. What are some of my core values and beliefs? How can I align my actions and decisions with these values to reduce stress and create a sense of purpose?
12. How do I respond to criticism or negative feedback? Are there any patterns in my response that contribute to stress or anxiety?
13. What are some things that I have learned from past stressful experiences? How can I use these lessons to cope with current stressors?
14. How does my environment impact my stress levels? Are there any changes I can make to my surroundings to create a more peaceful and calming space?
15. What are some things that bring me joy and happiness? How can I incorporate more of these activities or experiences into my daily life?
16. What are some boundaries that I need to set in order to reduce stress and protect my well-being? How can I communicate these boundaries to others?
17. How do I handle uncertainty or change? Are there any strategies or practices that can help me feel more grounded and resilient during these times?

18. What are some fears or limiting beliefs that contribute to my stress? How can I challenge these thoughts and reframe them in a more positive and empowering way?

19. How does my relationship with technology impact my stress levels? Are there any changes I can make to my digital habits to create more balance and reduce screen time?

20. What are some activities or hobbies that I have always wanted to try but haven't yet? How can I overcome any obstacles or fears and give myself permission to explore new interests?

21. How can I incorporate more mindfulness and presence into my daily life? Are there any mindfulness practices or meditation techniques that can help me reduce stress and increase focus?

22. What are some healthy ways to cope with the stress that I can practice regularly? How can I create a self-care routine that supports my mental and emotional well-being?

23. How do my diet and nutrition impact my stress levels? Are there any foods or supplements that can help reduce stress and improve my mood?

24. What are some ways to practice gratitude and appreciation for the good things in my life? How can I shift my focus from stress and worry to a more positive outlook?

25. What are some activities or practices that help me feel centered and grounded? How can I incorporate these activities into my daily routine?

26. How do I set and achieve goals without adding extra stress or pressure to my life? Are there any goal-setting strategies or frameworks that can help me stay motivated and focused?

27. How can I improve my sleep habits to reduce stress and improve my overall health? Are there any sleep hygiene practices or relaxation techniques that can help me get better quality sleep?

28. How can I practice self-compassion and self-acceptance during times of stress? What are some ways to treat myself with kindness and understanding?

29. How can I connect with others who share similar experiences or interests? Are there any communities or support groups that can help me feel less alone during stressful times?

30. What are some affirmations or positive statements that I can repeat to myself when I am feeling stressed or anxious?

