

## **Journal Prompts for Stress Relief**

Studies have proved that journaling can be an effective tool for stress relief, and to process things that are currently happening in the world around you. It is very important to focus on our emotional and mental well-being in addition to our physical health. The below prompts are ideas, feel free to write in a way that works for you. Happy Journaling!

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1. How do you want to feel when you wake up in the morning?
2. What are FIVE good things about today? Why are they good?
3. Do you feel stressed or anxious today? What triggered it? How did you overcome it?
4. What is one thing you want to improve on (communication, time management, family togetherness), and how can you do this?
5. Make a list of TWENTY things that make you HAPPY!
6. Write down the lyrics to a song that makes you happy? What do you love most about this song?
7. What is one place you'd love to travel to, and why?
8. What is one thing you are scared to do? How can you overcome it? Make a plan..
9. Are you taking time for yourself? If so, what are you doing? If not, let's make a plan.. What will you do and when?
10. Write a letter to your future self. Tell yourself all the things..