

STRESS LESS

Journal

Scribbling Through Stress

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WELCOME



This is where your journey to serenity begins! Embrace the healing power of self reflection with our stress journal. Within these pages, discover a sanctuary to unload your thoughts, confront your stressors and pave the way to a less stressful mind. May each entry bring you closer to a peaceful state of mind.
Happy journaling

Lisa x

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MORNING CHECK IN

I WOKE UP FEELING



Awesome



Good



Okay



Not good



Horrible

What do you want to accomplish today?

How do you want to feel today?

Today's affirmation:

Affirmations to ease Stress

A vertical orange card with a white spiral binding on the left. The card contains 15 horizontal teal lines for writing affirmations. Each line is preceded by a small purple dot. The card is set against a light gray background.



Self Assessment

Productivity

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Life Assesement

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



I Felt Proud Because...

.....

.....

.....



Something makes me happy today...

.....

.....

.....



Happiness Audit

Top 3 Achievements

- ☐ _____
- ☐ _____
- ☐ _____

What I Learned This Month

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

My Favorite Moments



What Gave Me The Most Stress This Month?



What Do I Want To Do Better?

Stress Management Plan

Triggers

-
-
-
-

Things That Soothe Me

-
-
-
-

Things To Remind myself When I'm Feeling Stressed

My Support Call List

-
-
-

Ways To Keep My Space Safe

-
-
-
-

Other Resources

-
-
-
-
-

Evening Thoughts

How am I feeling?

What was on my mind today?

What made me feel stressed today? What were your triggers?

How can I reframe my thoughts?

How did i respond?
How might I handle things differently in the future?

I'm Worried About



Why do I have this fear



This worry is triggering
my fear of....



The worst that can
happen is....

What would I do if it
Reoccurred?

Quick Notes

●	
●	
●	



EVENING CHECK IN

I AM ENDING THE NIGHT FEELING



Awesome



Good



Okay



Not good



Horrible

What did you want to accomplish today?

Did you accomplish everything you set out today?

Today's affirmation:

Brain Dump

Spend at least 2 minutes writing down all your thoughts from today. Allow this to be a time in which you clear your mind so that you can gain clarity and space before you go to sleep.

Journal Notes

Journal Prompts

- What are three things that are currently causing me to feel stressed?
- When do I feel most stressed throughout the day? Why?
- What are some physical symptoms that I experience when I'm feeling overwhelmed and stressed?
- What are some coping mechanisms that have helped me in the past when I've felt stressed?
- How does my level of stress affect my relationships with others?
- What are some things that I can do to take care of myself when I'm feeling stressed?
- What is my biggest fear related to stress and overwhelm?
- How can I work on overcoming it?
- What are some positive things that I can focus on when I'm feeling stressed?
- What am I most grateful for in my life that help me manage my stress levels?
- How can I talk to my loved ones about my stress situation and ask for their support?

Journal Notes

