STRESS LESS

Journa

Scribbling Through Stress

Lisa Cramb

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



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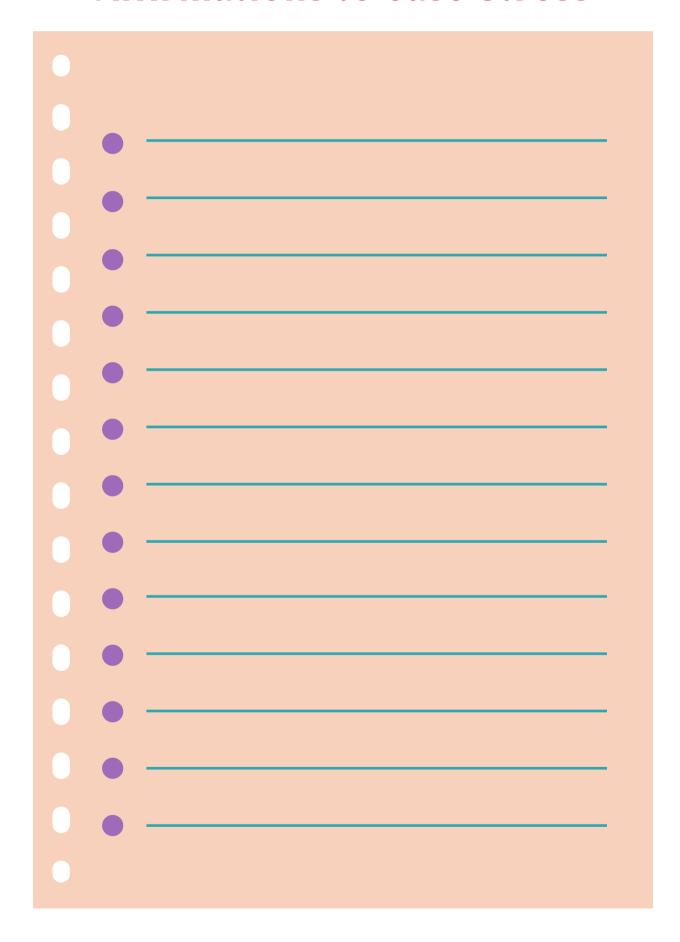
Morning Check In
Affirmations
Self Assessment
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Evening Check In
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Journal Prompts



I WOKE UP FEELING

Awesome	Good	Okay	Not good	Horrible	
What do you wa	What do you want to accomplish today?				
How do you war	nt to feel today?				
Today's affirmat	tion:				

Affirmations to ease Stress





Self Assessement

	Productivity			LIFE ASSESSETTIET	
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					<i>_</i>
JU	15 kp 1p				
	I Felt Proud Beca	use			
(U) So	mething makes n	ne happy tod	ay		
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Happiness Audit

Top 3 Achievements My Favorite Moments	What I Learned This Month
What Gave Me The Most Stress	s This Month?
What Do I Want To Do Better?	
what Do I want To Do Better!	

Stress Management Plan



Evening Thoughts

How am I feeling?	How can I reframe my thoughts?
What was on my mind today?	
What made me feel stressed today? What were your triggers?	How did i respond? How might I handle things differently in the future?

I'm Worried About



This worry is triggering my fear of....



Why do I have this fear



The worst that can happen is....

What would I do if it Reoccurred?

Quick Notes



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:					
Did you accomplish everything you set out today?	Awesome	Good	Okay	Not good	Horrible
Did you accomplish everything you set out today?					
Did you accomplish everything you set out today?	What did you wa	nnt to accomplis	sh today?		
	-				
	Did you accomm	olish everything	vou set out tod	av?	
Today's affirmation:					
Today's affirmation:					
Today's affirmation:					
Today's affirmation:					
Today's affirmation:					
Today's affirmation:					
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	Today s anirmat	IOH:			

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