

JOURNAL PROMPTS

Grounding & Calm

For coming back to yourself when your mind won't settle.

When I feel anxious, how could I remind myself that my breath is right here?



What small thing near me right now could bring a little peace?



What do I already have, inside me or around me, that helps me feel steady?



When have I stayed steady even though anxiety told me I couldn't?



What happens in my body when I take one slow, deep breath?



What helps me remember I'm okay in this moment?



Where can I build a moment of calm into my day, every day?



What makes this moment more manageable than it first felt?



What has helped me find my way back to calm before?



What feeling could I let move through me today instead of fighting it?



Grounding & Calm

CUT ALONG THE DASHED LINES

NO. 1



When I feel anxious, how could I remind myself that my breath is right here?

NO. 2



What small thing near me right now could bring a little peace?

NO. 3



What do I already have, inside me or around me, that helps me feel steady?

NO. 4



When have I stayed steady even though anxiety told me I couldn't?

NO. 5



What happens in my body when I take one slow, deep breath?

NO. 6



What helps me remember I'm okay in this moment?

NO. 7



Where can I build a moment of calm into my day, every day?

NO. 8



What makes this moment more manageable than it first felt?

NO. 9



What has helped me find my way back to calm before?

NO. 10



What feeling could I let move through me today instead of fighting it?

