

200 Mental Health Journal Prompts



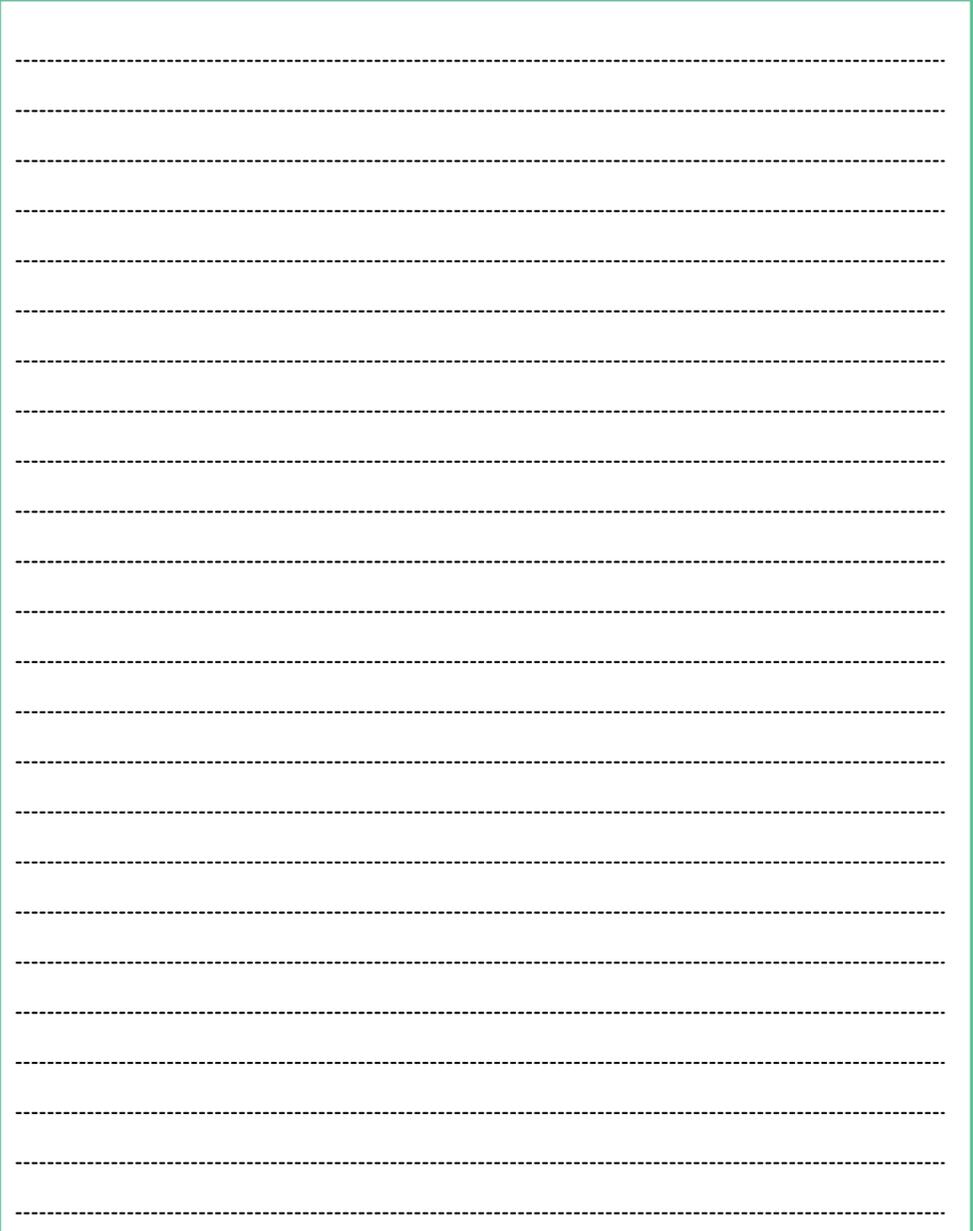
This Book Belongs to

Name:

Date:

Prompt # 1

Make a list of all your emotions right now – what comes to mind first?

A large white rectangular area with horizontal dashed lines for writing, intended for the user to list their emotions.

Name:

Date:

Prompt # 2

Think of the worst emotion or feeling you have right now and write about it.

Name:

Date:

Prompt # 3

Think about the best emotion or feeling you have right now and write about it.

Name:

Date:

Prompt # 4

Do you remember what your first panic attack was like?

Name:

Date:

Prompt # 5

How did you find relief from that first panic attack?

Name:

Date:

Prompt # 6

Describe your worst panic attack ever – how did it start?

Name:

Date:

Prompt # 7

If you have panic disorder, have you learned ways to deal with it?

Name:

Date:

Prompt # 8

If you have daily generalized anxiety, what are some things you do to help manage it?

Name:

Date:

Prompt # 9

List 10 things that made you smile today.

Name:

Date:

Prompt # 10

List 10 things that made you feel anxious today.

Name:

Date:

Prompt # 11

List 5 things you are recurrently stressed about.

Name:

Date:

Prompt # 12

List 5 things causing you stress, but that You have the ability to change.

Name:

Date:

Prompt # 13

Whatsituationsmakeyou the most fearful?

Name:

Date:

Prompt # 14

Is your anxiety worse in public or at home?

Name:

Date:

Prompt # 15

Do you get anxious while driving a car?

Name:

Date:

Prompt # 16

Do you ever experience fight or flight mode?

Name:

Date:

Prompt # 17

Is your anxiety tied to a memory or experience?

Name:

Date:

Prompt # 18

Do you have a good support system for your anxiety?

Name:

Date:

Prompt # 19

Are there people in your life who understand and can relate to your anxiety disorder?

Name:

Date:

Prompt # 20

How is the way you deal with stress different now than when you were younger?

Name:

Date:

Prompt # 21

What has your stress taught you about yourself?

Name:

Date:

Prompt # 22

If you could write a letter to any one fear, which one would it be?

Name:

Date:

Prompt # 23

Whatistheworstthing about anxiety?

Name:

Date:

Prompt # 24

Is there anything good about having anxiety? Try to dig deep.

Name:

Date:

Prompt # 25

Write about what you love about your life right now – think of only positive things.

Name:

Date:

Prompt # 26

Write about what you wish you could change, and what is required to change them.

Name:

Date:

Prompt # 27

Share gratitude for 3 people who are supporting you at this point in your life.

Name:

Date:

Prompt # 28

What is one problem causing you the most anxiety lately? What does this reveal about yourself?

Name:

Date:

Prompt # 29

What is your first warning sign of a panic attack coming?

Name:

Date:

Prompt # 30

Are all panic attacks the same?

Name:

Date:

Prompt # 31

Have you figured out your anxiety triggers?

Name:

Date:

Prompt # 32

Writedownalltheanxiety or stress triggers you know about so far.

Name:

Date:

Prompt # 33

What is your elevator pitch for your anxiety?

Name:

Date:

Prompt # 34

If a stranger asked for help with their anxiety, what would you say to them?

Name:

Date:

Prompt # 35

Whataresomeinternal thoughts that make you feel worse?

Name:

Date:

Prompt # 36

What is something you tend to dwell on, that increases your stress or anxiety?

Name:

Date:

Prompt # 37

If you could achieve anything in your life, what would it be?

Name:

Date:

Prompt # 38

What do you think is holding you back from achieving that goal?

Name:

Date:

Prompt # 39

Focus more on how you feel in your body, not in your mind, then write about it.

Name:

Date:

Prompt # 40

When you have bad anxiety, write how you feel, then count backwards from 100, and again write how you feel different afterwards.

Name:

Date:

Prompt # 41

When is the last time you faced one of your fears?

Name:

Date:

Prompt # 42

Whatisafearyougetanxiety just thinking about?

Name:

Date:

Prompt # 43

What are some songs that always cheer you up?

Name:

Date:

Prompt # 44

What would be the music playlist that tells the story of your life?

Name:

Date:

Prompt # 45

Make yourself promises and write into detail each one.

Name:

Date:

Prompt # 46

What do you feel is going wrong in your life right now?

Name:

Date:

Prompt # 47

Do you think your life is living up to your expectations?

Name:

Date:

Prompt # 48

What is something in your life that is the biggest surprise, worsening your stress?

Name:

Date:

Prompt # 49

What is something that's currently going well in your life?

Name:

Date:

Prompt # 50

Name 3 things you can do to improve your situation and help with your stress.

Name:

Date:

Prompt # 51

How can you improve your mental health?

Name:

Date:

Prompt # 52

Name at a time when your mental health suffered, but you improved it. What helped?

Name:

Date:

Prompt # 53

Make a list of 5 things you can do to help reduce your stress levels.

Name:

Date:

Prompt # 54

Whentimesgettough,what it something you need to remind yourself?

Name:

Date:

Prompt # 55

Make a list of your greatest qualities and show appreciation for them.

Name:

Date:

Prompt # 56

Think about your most perfect, stress-free day and write what it's like.

Name:

Date:

Prompt # 57

Give yourself permission to not have all the answers – what does that look like for you?

Name:

Date:

Prompt # 58

Imagine a life where you never had anxiety. How is your life different?

Name:

Date:

Prompt # 59

If you could tell someone else struggling with anxiety for the first time, what would you tell them?

Name:

Date:

Prompt # 60

Imagine your anxiety as a fictional character – what or who comes to mind first?

Name:

Date:

Prompt # 61

Write a short story about someone with the same amount of stress you have – how do they overcome it?

Name:

Date:

Prompt # 62

Write a page where you do is right positive, optimistic things, no matter how stressed you feel.

Name:

Date:

Prompt # 63

Now write a page where you list all your worries and fears.

Name:

Date:

Prompt # 64

Write a third journal entry about the previous two pages; did you find any clarity?

Name:

Date:

Prompt # 65

What are some activities you don't participate in because of your anxiety?

Name:

Date:

Prompt # 66

Do you feel that your stress is keeping you from a full, happy life?

Name:

Date:

Prompt # 67

List 3 things you would do if you weren't afraid.

Name:

Date:

Prompt # 68

When you have thoughts spiral, how does it usually start?

Name:

Date:

Prompt # 69

Are these rooted in fear or stress, or reality?

Name:

Date:

Prompt # 70

What thoughtstend to spiral the fastest?

Name:

Date:

Prompt # 71

Why do you think you let your thoughts spiral into stress or anxiety?

Name:

Date:

Prompt # 72

Writedownalistof5-10 things you can do to distract you when thoughts begin spiraling.

Name:

Date:

Prompt # 73

What is your biggest anxiety trigger?

Name:

Date:

Prompt # 74

What actions have you taken to reduce your anxiety trigger?

Name:

Date:

Prompt # 75

Do you have experience with cognitive behavioral therapy for anxiety?

Name:

Date:

Prompt # 76

How oftendoyougetpanic attacks?

Name:

Date:

Prompt # 77

What thoughts go through your mind when a panic attack starts?

Name:

Date:

Prompt # 78

How does your current stress level impact your life?

Name:

Date:

Prompt # 79

Name 3 people who often calm you down during an anxiety or stress moment?

Name:

Date:

Prompt # 80

Write a short story or poem about what you are currently anxious about.

Name:

Date:

Prompt # 81

Write a detailed explanation of what you have anxiety about – and the possible worst-case scenario.

Name:

Date:

Prompt # 82

Now writethesameexplanation, but with the best possible scenario.

Name:

Date:

Prompt # 83

Detail something you forgive yourself for, and why you deserve forgiveness.

Name:

Date:

Prompt # 84

Does an experience from your past cause you stress or anxiety today?

Name:

Date:

Prompt # 85

Write about what you are doing to try to mitigate this anxiety from something that has already happened.

Name:

Date:

Prompt # 86

Meditate quietly and focus on your breathing. Then write a journal entry about your current state of mind.

Name:

Date:

Prompt # 87

What is your experience with meditation for stress?

Name:

Date:

Prompt # 88

Have you ever tried meditation for your anxiety?

Name:

Date:

Prompt # 89

What about mindfulness for your stress?

Name:

Date:

Prompt # 90

Have you tried to practice mindfulness for your anxiety?

Name:

Date:

Prompt # 91

Find at least one productive thing you can do today to take your mind off your stress.

Name:

Date:

Prompt # 92

What is something you can add to your morning routine to help with your anxiety?

Name:

Date:

Prompt # 93

Do you have a nighttime routine that helps you relax and unwind in the evening?

Name:

Date:

Prompt # 94

If you don't have a nighttime routine, list 3 things you would like to add to it. Remember things that will reduce your anxiety, stress, and worry.

Name:

Date:

Prompt # 95

Exercise can be great for stress – write down 3 physical activities to try out in the future.

Name:

Date:

Prompt # 96

Write a short story about a fictional character dealing with stress or anxiety.

Name:

Date:

Prompt # 97

Now write about a fictional character with the same fears you deal with – how do they handle it?

Name:

Date:

Prompt # 98

Write about a superhero with the type of anxiety you have – how do they overcome it?

Name:

Date:

Prompt # 99

Write a poem about your current level of stress.

Name:

Date:

Prompt # 100

Write a poem about your current anxiety and fears.

Name:

Date:

Prompt # 101

Make a list of everything causes you stress today, at this moment.

Name:

Date:

Prompt # 102

Take that list of stressors and find at least one way to deal with each one.

Name:

Date:

Prompt # 103

What do you think your biggest issues in life are teaching you about yourself?

Name:

Date:

Prompt # 104

What are some negative things in your life you give too much energy to?

Name:

Date:

Prompt # 105

Whatisawayoucantgive less energy to negative things?

Name:

Date:

Prompt # 106

What are some positive things you want to give more energy to?

Name:

Date:

Prompt # 107

What are 3 things you love about your life, that you are grateful for constantly?

Name:

Date:

Prompt # 108

Being creative is great for stress – what do you do each day that is creative?

Name:

Date:

Prompt # 109

Creativity also helps with anxiety – can you start a new art or craft project to deal with your fears?

Name:

Date:

Prompt # 110

Since you have dealt with anxiety, you know how to help others. How are you helping someone else with their own anxious feelings?

Name:

Date:

Prompt # 111

Draw a picture of what anxiety means to you.



Name:

Date:

Prompt # 112

Draw something that you see when you experience depression.

A large white rectangular area for drawing, intended for the user to draw something they see when they experience depression.

Name:

Date:

Prompt # 113

Draw a picture representing your feelings or emotions right now.



Name:

Date:

Prompt # 114

Assign a color to your stress. What color did you choose and why?

Name:

Date:

Prompt # 115

Whattypesofjournaling did you do before experiencing anxiety?

Name:

Date:

Prompt # 116

Do you feel that your journaling experience is different now?

Name:

Date:

Prompt # 117

How has journaling helped your mental health so far?

Name:

Date:

Prompt # 118

What is it you hope to get out of journaling for stress?

Name:

Date:

Prompt # 119

Write a list of ways you could use your journal more effectively.

Name:

Date:

Prompt # 120

What are your goals for your anxiety?

Name:

Date:

Prompt # 121

Do you have any goals for overcoming your stress?

Name:

Date:

Prompt # 122

List some goals in your life focused on self-improvement and personal growth.

Name:

Date:

Prompt # 123

Whathaveyoudoneonly for yourself and your own wellbeing lately?

Name:

Date:

Prompt # 124

What areas of your life do you feel like you need to spend more time and energy on?

Name:

Date:

Prompt # 125

What do you want others to know about your anxiety?

Name:

Date:

Prompt # 126

Whattypesofanxietydisorders do you have? Have you been diagnosed professionally?

Name:

Date:

Prompt # 127

Do you ever experience depression of any kind?

Name:

Date:

Prompt # 128

Write a summary of your mental health status right now.

Name:

Date:

Prompt # 129

How has your mental health changed in the past few years?

Name:

Date:

Prompt # 130

Wherewouldyouliketosee your mental health and wellness in the next 5 years?

Name:

Date:

Prompt # 131

If a close friend had your same level of stress, what advice would you give them?

Name:

Date:

Prompt # 132

Writedown3things,indetail, that always make you feel better no matter what.

Name:

Date:

Prompt # 133

What would you like to be remembered for?

Name:

Date:

Prompt # 134

How can you make your life more memorable?

Name:

Date:

Prompt # 135

What does self-care mean to you?

Name:

Date:

Prompt # 136

What areas of self-care do you need to improve?

Name:

Date:

Prompt # 137

What is something that makes you feel safe when you experience anxiety?

Name:

Date:

Prompt # 138

Do you have anxiety while flying, driving, or riding on a train?

Name:

Date:

Prompt # 139

Is your anxiety worse out in public or at home?

Name:

Date:

Prompt # 140

Do you have anxious thoughts while alone, or with other people?

Name:

Date:

Prompt # 141

Have you ever tried changing your diet or reducing caffeine for your anxiety?

Name:

Date:

Prompt # 142

Do panic attacks come on slowly, or suddenly?

Name:

Date:

Prompt # 143

Have you ever talked to a doctor about your anxiety?

Name:

Date:

Prompt # 144

Have you experienced physical changes due to your anxiety?

Name:

Date:

Prompt # 145

How is your stress affecting you on a physical level?

Name:

Date:

Prompt # 146

Have you ever talked to your doctor about your stress?

Name:

Date:

Prompt # 147

How did you handle stress as a child compared to now as an adult?

Name:

Date:

Prompt # 148

Do you have kids who experience similar anxiety to you?

Name:

Date:

Prompt # 149

Whataresomewaysyouare supporting your kids with their own mental health?

Name:

Date:

Prompt # 150

List the different ways your life would be different without anxiety or stress you have now.

Name:

Date:

Prompt # 151

Do you remember what life was like before you had anxiety?

Name:

Date:

Prompt # 152

If you could visit anywhere right now, regardless of your anxiety, it would be...

Name:

Date:

Prompt # 153

Self-care is important for your mental health – make a list of 3 ways to add more self-care to your daily routine.

Name:

Date:

Prompt # 154

When you wake in the morning, what are the first thoughts to go through your mind?

Name:

Date:

Prompt # 155

Do you sleep soundly, or is your sleep suffering?

Name:

Date:

Prompt # 156

How do you help your sleep habits – in a healthy way?

Name:

Date:

Prompt # 157

What has been your experience using essential oils for stress and/or anxiety?

Name:

Date:

Prompt # 158

Do you like to read to distract your mind?

Name:

Date:

Prompt # 159

What healthy habits can you start incorporating more often?

Name:

Date:

Prompt # 160

What are your personal top 3 ways to stop a panic attack?

Name:

Date:

Prompt # 161

How can you show yourself more compassion?

Name:

Date:

Prompt # 162

Whataresomewaysyoucan show others compassion?

Name:

Date:

Prompt # 163

Do you feel your stress comes from a lack of compassion or a feeling of self-worth?

Name:

Date:

Prompt # 164

How confident are you as a person?

Name:

Date:

Prompt # 165

Whataresomespecificsituations that cause more stress?

Name:

Date:

Prompt # 166

Why do you think these situations give you that stress response?

Name:

Date:

Prompt # 167

Write a letter to someone who has been a negative influence in your life.

Name:

Date:

Prompt # 168

Write a letter to someone who has had a positive influence in your life.

Name:

Date:

Prompt # 169

Write a letter to yourself about your stress and/or anxiety.

Name:

Date:

Prompt # 170

Write a letter to someone who has been a good support system for you.

Name:

Date:

Prompt # 171

What is the kindest thing to do for yourself when you experience emotional pain?

Name:

Date:

Prompt # 172

Whataresomenegativethoughts you don't want to have anymore?

Name:

Date:

Prompt # 173

What are your favorite words you live by?

Name:

Date:

Prompt # 174

If a past negative experience is affecting your mental health now, write it all out, then move on from it.

Name:

Date:

Prompt # 175

What is your own definition of unconditional love?

Name:

Date:

Prompt # 176

Describe a situation where you want to forgive the person, even if it means forgiving yourself.

Name:

Date:

Prompt # 177

Whattypesofthoughtskeep you up at night?

Name:

Date:

Prompt # 178

What motivates you the most in times of stress?

Name:

Date:

Prompt # 179

What motivates you in times of extreme anxiety?

Name:

Date:

Prompt # 180

Who or what inspires you the most?

Name:

Date:

Prompt # 181

What is a secret you have never told anyone?

Name:

Date:

Prompt # 182

In terms of your anxiety, what do you think is the very worst thing that could happen?

Name:

Date:

Prompt # 183

Have you noticed any consequences due to your anxiety or stress?

Name:

Date:

Prompt # 184

Anxiety isn't always a bad thing – what are some ways it might have helped you?

Name:

Date:

Prompt # 185

What are the different levels of stress you tend to experience?

Name:

Date:

Prompt # 186

What do you believe are your greatest strengths?

Name:

Date:

Prompt # 187

What do you love about your life?

Name:

Date:

Prompt # 188

Name an accomplishment you want everyone to know about.

Name:

Date:

Prompt # 189

Whatisadreamornightmare you have yet to forget?

Name:

Date:

Prompt # 190

What are usually your final thoughts before sleep?

Name:

Date:

Prompt # 191

What gives you more self-confidence?

Name:

Date:

Prompt # 192

What gives you more self-confidence?

Name:

Date:

Prompt # 193

Whatwastheworstthing ever done to you?

Name:

Date:

Prompt # 194

How have you managed to prevent anxiety from stopping you from living your life fully?

Name:

Date:

Prompt # 195

What are your strongest emotions or feelings in the middle of the night?

Name:

Date:

Prompt # 196

What are some things you say no to because of your anxiety or stress?

Name:

Date:

Prompt # 197

Whataresomethingsyou want to say yes to?

Name:

Date:

Prompt # 198

What is something you could never live without?

Name:

Date:

Prompt # 199

How do you feel you could have more peace in your life?

Name:

Date:

Prompt # 200

What has been your biggest lesson so far in your mental health journey?