

30 Gentle Journaling Prompts for Stress Relief

These prompts are designed to help you slow down, release mental tension, and reconnect with yourself—without pressure to be deep, productive, or perfect. Use one prompt per session, or return to the same one whenever you need it.

What's weighing on me right now?

What am I holding tension about today?

What do I need more of this week?

What can I let go of tonight?

What went better than I expected today?

What feels overwhelming right now—and why?

Where do I feel stress in my body today?

What thoughts keep looping in my mind lately?

What am I worrying about that I can't control?

What would help me feel calmer in this moment?

What's one small thing I can do to support myself today?

What am I avoiding thinking about—and what might help?

What emotions have been showing up most often recently?

What drained my energy today?

What gave me even a small sense of relief today?

What expectations am I placing on myself right now?

What feels heavier than it needs to be?

What would I tell a friend feeling this way?

What am I holding onto that I'm ready to release?

What part of today felt the most stressful?

What part of today felt the calmest?

What do I need less of this week?

What do I need more support with right now?

What am I grateful for—even in a small way?

What can wait until tomorrow?

What feels uncertain right now?

What would help me feel more grounded today?

What boundaries might help reduce my stress?

What does my body need right now?

What can I do tonight to make tomorrow easier?

There's no right way to use these prompts. Write freely, skip any that don't resonate, and come back to the ones that feel supportive. This is your space.