

# 5-Minute Journaling for Stress Relief

This simple journaling ritual helps slow racing thoughts, release mental pressure, and create calm—without turning journaling into another obligation.

## Why Journaling Helps With Stress

Writing moves stress out of your head and onto the page. This signals safety to your nervous system and helps your body shift into a calmer state.

## The 5-Minute Ritual

Choose a calm moment. Set a five-minute timer. Write without editing or judging yourself. Stop when the timer ends, even if you feel like you could continue.

## Easy Writing Formats

Brain dump everything on your mind.

Answer one gentle question.

Write short lines instead of paragraphs.

Use the check-in format: Today I feel \_\_\_\_ because \_\_\_\_.

# Gentle Journaling Prompts

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 am I worrying about that I can't control?

Where do I feel stress in my body right now?

What would help me feel calmer in this moment?

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

What thoughts keep repeating lately?

# 30-Day Gentle Journaling Tracker

Day	Journalled	Notes
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		
Day 8		
Day 9		
Day 10		
Day 11		
Day 12		
Day 13		
Day 14		
Day 15		
Day 16		
Day 17		
Day 18		
Day 19		
Day 20		
Day 21		
Day 22		
Day 23		
Day 24		

Day 25		
Day 26		
Day 27		
Day 28		
Day 29		
Day 30		

You don't need to journal every day for this to work. Even a few sessions per week can make a difference. This ritual is here to support you, not pressure you.