

## Journal prompts...

...for when you're feeling overwhelmed

- describe what you see, smell, and hear right now.
- describe what you feel in your body right now. what is your breathing like? what sensations do you feel in your limbs?
- identify one emotion you're feeling. write down its name. when did that emotion start? repeat as needed.
- when did you last feel like this? what made you feel better?
- what do you need right now? can you find a way to fulfill that need? if not now, can you make a plan for later?