


Stress Journal



A 30-Day Guided Journal



Hybrid



Created with LoomJournals



How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns



Scan for a detailed guide on how to use this journal

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Sleep Quality: 1 2 3 4 5 6 7 8 9 10

Physical Tension: 1 2 3 4 5 6 7 8 9 10

Mindfulness Done:

Exercise Done:

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Physical symptoms *(what did you feel in your body — headache, tight chest, fatigue, stomach knots? ph...)*

Thoughts & Feelings *(what thoughts and emotions arose? write them without judgment. cbt teaches tha...)*

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