Anxiety and Overthinking - Five Minute Journal

1. What is taking up the most space in my mind right now?

2. What part of this situation is actually within my control today?

3. What do I need right now rather than what do I think I should do?

4. What is one small action that could make this situation feel more manageable?

5. If someone I cared about had this worry, what would I say to them?

6. What can I give myself permission not to solve today?

7. What would I like to remember when my mind starts spiraling about this again?