

Journaling and Writing Coping Skills



Brain-dump journaling

Write every thought that comes to mind for five minutes without editing.

Best for: overwhelm, overthinking



Write an unsent letter

Write everything you wish to say to someone without intending to send it.

Best for: anger, hurt, unresolved feelings



Name the emotion

Write down exactly what you're feeling and what happened immediately before.

Best for: confusion, emotional awareness



Write what you can control

Divide a page into things you can influence and things you cannot.

Best for: anxiety, helplessness



Journal about what you need

Instead of 'why you feel bad,' ask what your body/mind may be asking for.

Best for: overwhelm, burnout



Write a realistic self-compassion note

Respond to yourself as you would to someone you care about, without pretending everything is

Best for: shame, self-criticism



Make a gratitude list

Write down a few specific things you appreciate, including ordinary details.

Best for: low mood, perspective



Write the next tiny step

When a problem feels huge, write only the smallest action you could take now.

Best for: overwhelm, procrastination



Use journal prompts

Answer a focused prompt about your feelings instead of a blank page. For mental health.

Best for: emotional processing, self-reflection



Write a coping reminder

Create a short note of strategies that helped you before and keep it handy.

Best for: recurring stress, emotional overwhelm

