

# OVERWHELM LOWERING JOURNAL PROMPTS

Here are the overwhelm lowering self-coaching questions I put together as part of my understanding and lowering overwhelm audio I created for the Women's Mindset Club.

**Here is the replay email link and call summary:**

<https://app.mailerlite.com/reports/email/51718126>

**10 lowering overwhelm self-coaching / journal prompts questions:**

- What's on your mind? And what else? What else?...
- What are things not in your control right now?
- What things that are in your control right now?
- What is really the problem here?
- What is the one most powerful or helpful thought or statement I can make right now to help me lower overwhelm?
- What is the one most powerful or helpful choice / action I can make right now to help me lower overwhelm?
- How can you take care of yourself better today / this week / now?
- What boundaries do I need to put into place today / this week / now?
- What do I need to say yes or no to?
- If I had to lower my overwhelm right now by 10% what would I need to do/ change? And 20% and 30%

**Here are some overwhelm lowering journal prompts links and questions I've picked out for you!**

<https://www.trustandbloom.co.uk/blog/journaling-prompts-for-overwhelm>

- What are the 3 main things causing you overwhelm right now?
- What emotions sit underneath the overwhelm?
- When did you start feeling this? What may have triggered it?
- To what extent are you overthinking? How rational are these thoughts?
- What pressure do you feel under? Who or what is this coming from?
- What does overwhelm feel like in your body? Is there something that feels like it wants to express itself physically?
- What tools or practices have helped you in the past when you've felt anxious?
- How would you feel if you planned just one of these practices into your day each day?
- What can you control in this situation?

<https://theminfulpage.com/journal-prompts-for-overwhelm/>

1. What specific situations or tasks are causing you to feel overwhelmed right now?
2. How do you typically respond to feelings of overwhelm? Do you avoid tasks or procrastinate? Do you try to power through?
3. What are some small steps you can take today to begin tackling the tasks that are causing you to feel overwhelmed?
4. How can you break down larger tasks into smaller, more manageable steps?
5. What self-care practices can you incorporate into your daily routine to help reduce feelings of overwhelm?
6. Are there any specific people in your life who can offer support or help with the tasks that are causing you to feel overwhelmed? How can you ask for their support?
7. What are your priorities right now? Are there any tasks or obligations that you can let go of or delegate to others?
8. How can you create a more structured routine or schedule for yourself to help manage your time and reduce feelings of overwhelm?
9. What are some positive affirmations or mantras you can repeat to yourself when you're feeling overwhelmed?
10. What are some physical activities or exercises that help you to reduce stress and overwhelm? How can you incorporate these into your daily routine?
11. Are there any underlying beliefs or thought patterns that are contributing to your feelings of overwhelm? How can you work to shift these beliefs or patterns?
12. What are some long-term strategies you can implement to prevent feelings of overwhelm in the future?

<https://www.purewow.com/wellness/anxiety-journal-prompts>

The prompts on this link are in an image carousel form so click the above link to read

<https://www.nyxiesnook.com/20-journal-prompts-when-youre-feeling-overwhelmed>

1. What is causing me to feel stressed right now?
2. What are some small steps I can take to alleviate my stress?
3. How can I prioritize my tasks and responsibilities?
4. Are my worries realistic?
5. On a scale of 1-10, where is my anxiety today? And, if possible, discuss why.
6. What self-care practices can I incorporate into my daily routine?
7. List five good things that have happened lately.
8. Who can I reach out to for support during this time?
9. Write to your greatest supporter. You don't have to give it to them.
10. What are some positive affirmations I can tell myself when I start feeling this way?
11. How can I reframe my mindset to view this situation in a more manageable light?
12. What are some things I'm grateful for that can help put things in perspective?
13. How can I break down larger tasks into smaller, more manageable ones?
14. What lessons can I learn from this experience that I can carry with me in the future?
15. What is something I can do to relax and unwind?

16. What are some coping mechanisms that have worked for me in the past?
17. What would I say to a friend who is feeling stressed?
18. What is something that always makes me smile or brings me joy?
19. What do I need to feel safe, held and supported?
20. What fears am I holding onto?
21. What are some things I can look forward to?
22. Name 5 things that tend to cause the most stress in your life.
23. What's the best piece of advice you've ever received?
24. Do a "worry dump" and write down everything that's causing you anxiety and stress. If it helps, tear the page up when you're done.
25. If you get anxiety or panic attacks, write down your coping strategies. Use them as a reference next time you're suffering an attack (*be it visually or in your mind*). Having this list displayed in your home might be helpful for those you live with.

**Remember you can search and source your own by searching 'journal prompts for lowering overwhelm' and you'll find lots more!**

**And if you want to create some overwhelm lowering affirmations, just search "Affirmations for lowering overwhelm"**