

WORRYING TOO MUCH?  
A DAILY STRESS-LESS  
JOURNAL ENTRY!

MY TOP THREE WORRIES TODAY:

Writing it down helps you to get out of your head...

OF THOSE, WHICH ONES DO I HAVE CONTROL OVER?

This is the worry to focus on managing...

OF THOSE, WHICH ONES DO I HAVE NO CONTROL OVER?

These are the ones that you should move to the back burner for today

HOW MUCH TIME TODAY DO I WANT TO WORRY ABOUT THIS?

Schedule your "worry time" if you must. Sounds odd, but the result may be that the rest of your day is more productive and you can focus on the worries later.

WHO CAN I TALK TO TODAY IF I NEED TO VENT/GET SUPPORT?

Identify a support person that can listen to you without judgment or trying to "fix it" for you.

WHAT IS ONE THING THAT IS GOING WELL TODAY?

Create a more balanced way of thinking by considering one thing that went well...even if it's a small thing!





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THREE THINGS I AM GRATEFUL FOR TODAY:

Three horizontal strips of white grid paper for writing, separated by brown paper borders.

ONE WAY I TOOK CARE OF MYSELF TODAY WAS...

One horizontal strip of white grid paper for writing, separated by brown paper borders.

WHAT IS ONE THING I AM LOOKING FORWARD TO TOMORROW?

One horizontal strip of white grid paper for writing, separated by brown paper borders.

THE *Well Family* SPOT  
EMOTIONAL HEALTH FOR THE MASSES

