

## Writing to Reduce Stress

Writing is an excellent way to help deal with your emotions. Writing can improve both physical and mental health. There are many ways to write that can benefit you.

Here are some helpful guidelines but you should experiment to see what works best for you.

- Find a time and place where you won't be disturbed.
- Set an amount of time that you will write. Try at least 15 minutes each day.
- Don't worry about spelling or grammar.
- Use a computer to type or write it out by hand. What is easier for you?
- Write about anything you want:
  - What is on your mind?
  - What are you feeling right now?
  - What do you enjoy doing?
  - Who would you like to spend time with?
  - Where would you like to go on vacation?
  - What do you dream about?
  - What are some things that you would like to accomplish?
  - What experiences in your life are meaningful and why?
  - What is bothering you?
  - What do you worry too much about?
  - What do you avoid doing?
  - Let go and explore your feelings and thoughts.
  - It doesn't matter what you write about, just write!

After you write, what can you do with your writing samples?

- Keep them in a journal. Maybe you will want to go back to them to reread or edit.
- Throw them away. It feels good to throw those negative feelings in the trash!
  - Erase them
  - Tear them up
  - Shred them
  - Flush them

There are some Journal templates that I found that may work for you. Using a composition notebook or plane paper is also an option. Find what works best for you and keep writing!

Mrs. Carr

# My Daily Journal

Date: \_\_\_\_\_

Everything that happened today:

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Feelings that I felt during the day:

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Best part of today was:

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Something I would change about today if I could:

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Something I'm looking forward to tomorrow is:

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# Dear \_\_\_\_\_

Use this worksheet to explore your feelings towards a family member.

I feel the happiest with you when \_\_\_\_\_

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It makes me angry when you \_\_\_\_\_

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My favorite memory with you is when \_\_\_\_\_

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My least favorite memory with you is when \_\_\_\_\_

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Something that would need to change to improve our relationship would be \_\_\_\_\_

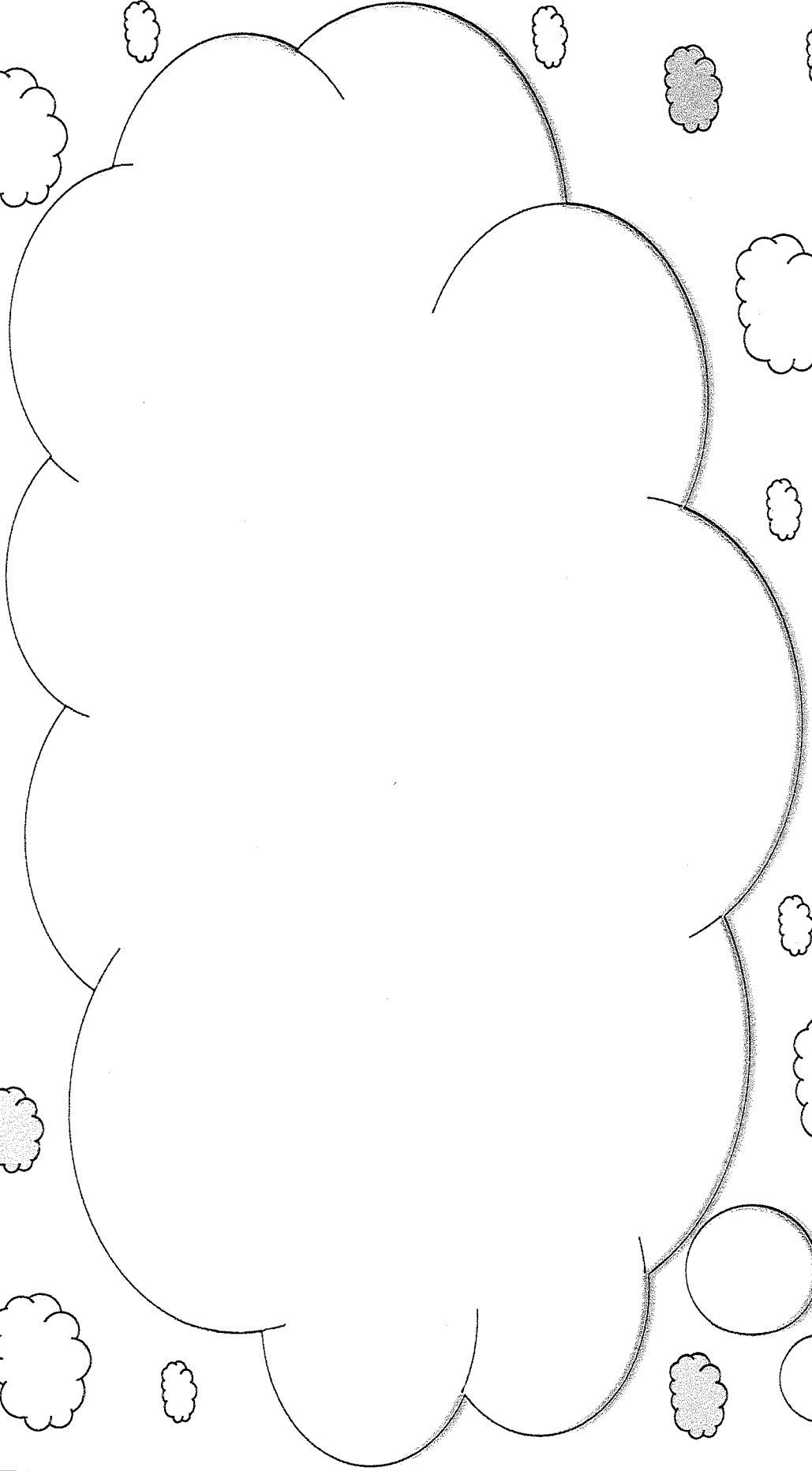
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# On My Mind Today

What are some things that are on your mind today?



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# PROS & CONS

Use this worksheet to help you create a pros and cons list about a decision you have to make. After each pro or con, rank (1-5) how important each one is for you. Add up the totals for each!

## WHAT AM I TRYING TO DECIDE?

\_\_\_\_\_

### PROS << Why should I do this? >>

How important is this to me?

1.

2.

3.

4.

TOTAL

### CONS << Why shouldn't I do this? >>

1.

2.

3.

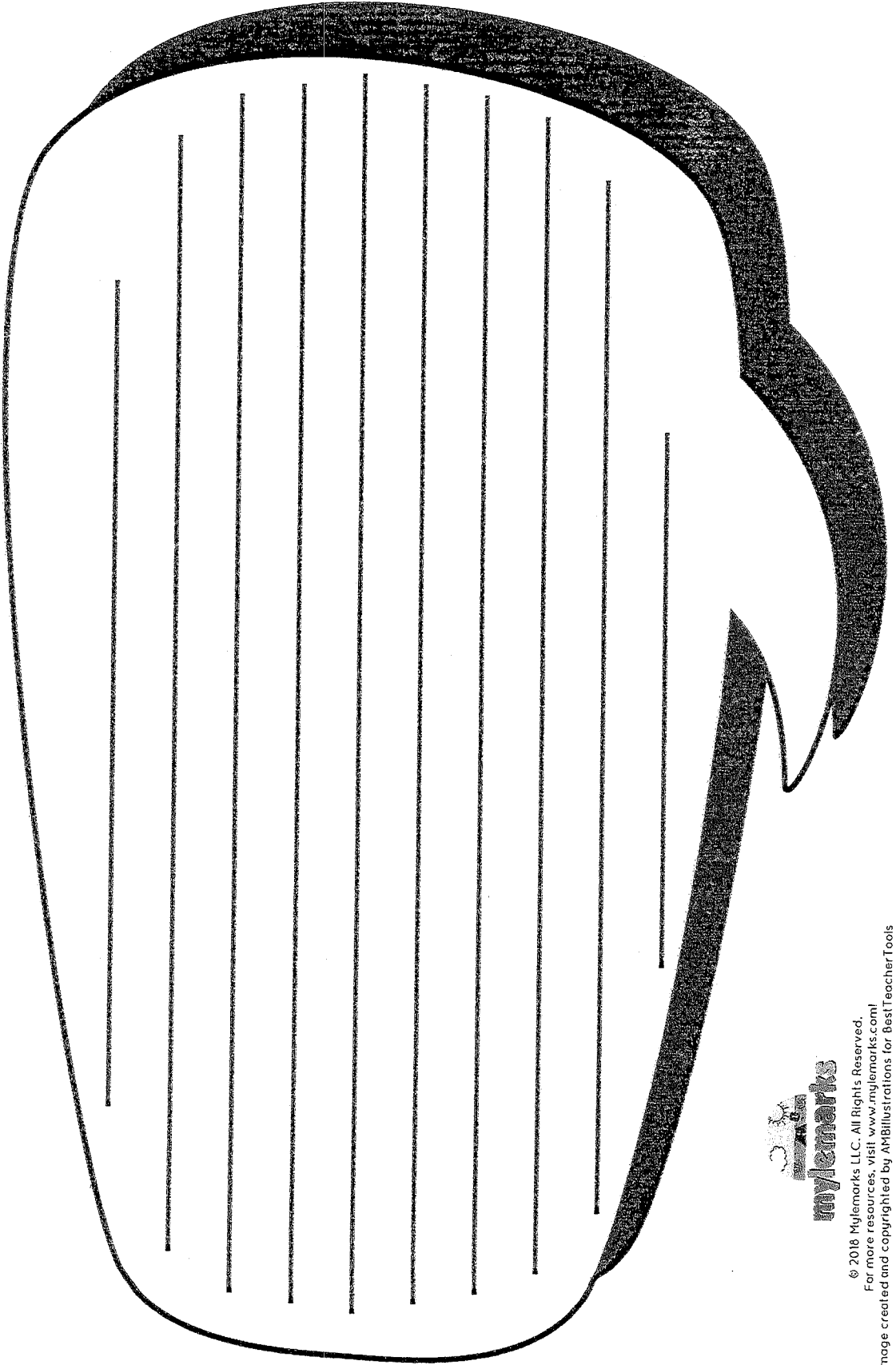
4.

TOTAL



# “WHAT I WANT TO SAY”

What would you say to this person if you knew they would listen to everything you wanted to tell them?



A large, stylized speech bubble with a thick, dark border. Inside the bubble, there are ten horizontal lines for writing, providing space for the student to express their thoughts.



# STRESS ACTION PLAN

MAKE A LIST OF EVERYTHING THAT IS STRESSING YOU OUT! WRITE THE MOST STRESSFUL THINGS AT THE TOP OF YOUR LIST. IN THE NEXT COLUMN, WRITE DOWN WHAT YOU CAN DO TO DEAL WITH THAT STRESSOR. IN THE LAST COLUMN, WRITE DOWN WHEN YOU CAN GET IT DONE!

WHAT'S STRESSING ME OUT?	WHAT CAN I DO ABOUT IT?	WHEN CAN I DO IT?

EVERY TIME YOU START TO FEEL STRESSED AND OVERWHELMED, CREATE A NEW ACTION PLAN!



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