



SELF-CARE SURVIVAL JOURNAL PROMPTS

When times get stressful it's easy to get overwhelmed and fall into patterns that can make things feel even more intense. The following prompts can offer a way to slow down and move towards more balance, even amidst stress.

1. What's causing you the most stress?
2. What are your red flags that indicate you are moving into survival mode?
3. How can you shift your expectations to better match your capacity during this time?
4. Do you understand your needs and limits?(Psst.. it's okay if you don't at this time.)
5. How can you better understand your needs and limits?
6. It's important to normalize the challenges of stress (specifically during the uncertainties of Covid). Here are things to keep in mind and respond to:
 - It's normal to be angry with people and envious (sometimes at the same time.)
 - It's normal to feel like you're "losing your mind" when your life is still on hold or majorly disrupted while other people are choosing to live as they always have.
 - It's normal to fall into "stress comparison". Some people may have it "harder than you", but that doesn't mean your stress isn't valid. And vice versa, you don't know what other people are truly going through either. Be kind to yourself and others.
7. List the strengths available to you (skills, way of seeing things, supports, resources)