

10 Journaling Prompts for Better Mental Health

Why Journaling Helps

- Reduces stress and anxiety
- Helps process emotions
- Reveals patterns in moods and behaviors
- Builds self-awareness and compassion
- Supports problem-solving and emotional regulation

Tips for Starting

- Set a short time (5–10 minutes).
- Write continuously without editing.
- Don't worry about grammar or structure.
- Use prompts when you're unsure what to write about.

10 Journal Prompts

- 1 How has my mood changed over the last week?
- 2 What emotions am I feeling right now, and where do I feel them in my body?
- 3 What's been draining my energy lately, and what's been recharging it?
- 4 What's one thing weighing on my mind — and what do I want to say about it?
- 5 If my anxiety had a voice, what would it be saying?
- 6 When did I last feel calm, safe, or content? What contributed to that feeling?
- 7 What am I being hardest on myself about right now?
- 8 What feels within my control today, and what feels outside of it?
- 9 If I spoke to myself like I would a close friend, what would I say?
- 10 What do I need more of in my life right now? What do I need less of?