

30 Self-Compassion Journal Prompts for Stress Relief

1. What is one simple adjustment you can make to your morning routine to help you care for yourself as you prepare for the day?
2. What is one expectation you have of yourself that you can stop pressuring yourself to meet?
3. What stressful circumstance are you currently facing? If you had a friend in the same situation, what advice would you give them?
4. In what ways are you letting your circumstances determine your stress levels? What 3 things can you do to take charge of how you feel?
5. What was a problem you had this week, and how did you handle it? Brainstorm other solutions that also could have worked.
6. What is one new skill you could learn that would help you handle a current stressful situation? How can you start learning it?
7. What is one thing you can remove from your everyday schedule to create more space for rest and self-care?
8. Did you recently make a mistake and get upset with yourself? What can you say to yourself now to replace beating yourself up with grace and self-compassion?
9. In what area of your life would you like to be more organized? What advice would you give to a friend to achieve that goal? Write down 5 practical action steps.
10. What's one thing that you feel scared to do, even though you know it's important? How would a close friend encourage you to overcome that fear?

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11. Are you holding a grudge against someone? What do you need to do to forgive and forget?
12. What is one small way you can adjust your evening routine to promote true rest at night?
13. Write a note to yourself 5 years ago. Try to build up your past self with some advice and encouragement to get through what's coming.
14. In what ways can you be more gentle with yourself? Write down 3 of them.
15. Take a look at your to-do list. What is one thing you're expecting yourself to do that is not actually necessary or is not the best use of your time?
16. What is currently making you feel disappointed? How would a friend or loved one encourage you about this situation?
17. What helps you feel safe, held, and supported? How can you include this in your life when you feel stressed?
18. How can you better use your words and self-talk to build yourself up? What words should you stop using?
19. Are you taking time to relax and care for yourself? If not, what can you do to make that time?
20. Write a note to yourself 5 years in the future. Honestly describe what your life is like right now. Then, tell your future self what you hope your life will be like then, but reassure your future self that it's okay if everything isn't as you hope.

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21. Reflect on a time when you made a positive difference in someone's life. What did this experience teach you about loving others?

22. What is a problem that has been giving you anxiety lately? If you were talking to an encouraging, supportive friend about it, what questions would they ask you? Answer the questions honestly and try to see the problem from different perspectives.

23. How would you spend a full day doing only things that make you feel relaxed, happy, and fulfilled? Choose one or two of those things to do this weekend.

24. What is great in your life right now? What current situations are you thankful for?

25. What have you been giving most of your energy to lately? What would you like to devote more energy to?

26. What expectations of others can you let go of?

27. How would it feel if you conquered stress for good? Write down 5 affirmations you would tell a good friend about their ability to achieve this. For example, "You are capable of living with complete calm." "Stress doesn't own you." etc.

28. What is one thing you can forgive yourself for?

29. What is an impossible standard you're holding yourself to? How can you adjust that standard to be more realistic?

30. Taking into account everything you've learned with these prompts, write down 3 practical ways you can give yourself and others more grace.