



AUTHENTIC ARMOUR
philosophy + lifestyle

JOURNAL PROMPT:
FEELING OVERWHELMED & OUT OF
BALANCE

WELCOME TO THE WORLD OF JOURNALING

It's a powerful tool for self-reflection, exploration, and personal growth. If you're new to journaling, you might be wondering where to start or how to get the most out of this practice. Journaling offers a safe space to express your thoughts, feelings, and experiences, allowing you to gain insights into yourself and your life. Whether you're seeking clarity, healing, or simply a creative outlet, journaling can be a valuable companion on your journey.

Before diving into journaling, it's important to recognize that this practice is deeply personal and can bring up unexpected emotions or memories. While journaling can be therapeutic, it's not a substitute for professional help or therapy if you're dealing with significant emotional distress or mental health issues. If at any point you find yourself feeling overwhelmed or in need of additional support, don't hesitate to reach out to a trusted friend, family member, or mental health professional. Remember to practise self-care and listen to your intuition as you explore the world of journaling.



HOW TO USE JOURNAL PROMPTS:

SET THE MOOD: Create a peaceful and comfortable environment for journaling. Light a candle, play calming music, or find a cozy spot where you feel relaxed and focused.

CHOOSE YOUR PROMPTS: Select journal prompts that align with your interests, goals, or areas of focus. You can find prompts online, in books, or create your own based on what you want to explore.

SET ASIDE TIME: Schedule regular time for journaling in your day or week. Whether it's in the morning, during your lunch break, or before bed, consistency is key to building a journaling habit.

REFLECT AND WRITE: Read the journal prompt carefully and take a moment to reflect on it. Then, start writing freely, without worrying about grammar or punctuation. Let your thoughts flow and explore the prompt in whatever way feels natural to you.

DIG DEEPER: Use the journal prompt as a starting point for deeper reflection. Ask yourself follow-up questions or explore related themes that arise during your writing.

REVIEW AND REFLECT: After journaling, take some time to review what you've written and reflect on your insights. Notice any patterns or themes that emerge and consider how they relate to your life or goals.



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Here are some journal prompts to help address feelings of overwhelm and regain balance:

CURRENT STRESSORS: Reflect on the specific situations or circumstances in your life that are causing you to feel overwhelmed. Write down what these stressors are and how they are affecting you emotionally, mentally, and physically.

IDENTIFYING TRIGGERS: Consider what triggers your feelings of overwhelm. Are there certain events, people, or situations that tend to provoke stress and anxiety? Write down these triggers and explore why they have such a strong impact on you.

PHYSICAL SYMPTOMS: Pay attention to how your body responds to stress and overwhelm. Describe any physical symptoms you experience, such as muscle tension, headaches, fatigue, or changes in appetite or sleep patterns. Note how these symptoms may be signaling that you need to take action to reduce stress.



EMOTIONAL RESPONSES: Explore your emotional responses to overwhelm. Describe the feelings of anxiety, frustration, or helplessness that arise when you're feeling overwhelmed. Acknowledge these emotions without judgement, allowing yourself to fully experience and express them.

COPING STRATEGIES: Reflect on the coping strategies you currently use to manage overwhelm. Write down what has helped you in the past, whether it's exercise, mindfulness practices, spending time in nature, talking to a friend, or engaging in a creative hobby. Consider how effective these strategies are and whether there are any new approaches you'd like to try.

PRIORITIZING RESPONSIBILITIES: Take inventory of your responsibilities and commitments. Write down everything you need to do, both personally and professionally. Then, prioritize these tasks based on their importance and urgency. Consider what tasks can be delegated, postponed, or eliminated to reduce your workload.

SELF-CARE PRACTICES: Reflect on your self-care routine and how well you're taking care of your physical, emotional, and mental well-being. Write down the self-care activities that nourish and replenish you, such as taking a bath, reading a book, practising yoga, or spending time with loved ones. Commit to prioritizing self-care as a way to prevent and alleviate overwhelm.



CREATING BOUNDARIES: Consider whether you have healthy boundaries in place to protect your time, energy, and emotional well-being. Reflect on situations where you may need to set firmer boundaries with others or learn to say no to additional commitments. Write down specific boundaries you'd like to establish and how you can communicate them assertively.

SEEKING SUPPORT: Reflect on the support systems available to you and how you can lean on others during times of overwhelm. Write down the people you trust and feel comfortable confiding in, whether it's friends, family members, colleagues, or a therapist. Consider reaching out for support when you're feeling overwhelmed, rather than trying to handle everything on your own.

VISION FOR BALANCE: Envision what a balanced life looks like for you. Write down your ideal balance between work, leisure, relationships, and self-care. Consider what changes you need to make to align your life with this vision and create a sense of harmony and fulfillment.

