



AUTHENTIC ARMOUR
philosophy + lifestyle

JOURNAL PROMPT:
LIVING IN A STATE OF CHRONIC STRESS &
ANXIETY

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.



JOURNAL PROMPT:

LIVING IN A STATE OF CHRONIC STRESS & ANXIETY

Living in a state of chronic stress and anxiety can be overwhelming and exhausting. Take some time to reflect on how these feelings manifest in your life. Consider the following questions:

What are the main sources of stress and anxiety in your life right now? Are they related to work, relationships, health, or other factors?

How do you typically respond to stress and anxiety? Do you find yourself withdrawing, avoiding situations, or engaging in unhealthy coping mechanisms?

How does chronic stress and anxiety impact your daily life? Are there specific symptoms or behaviors you notice, such as difficulty sleeping, irritability, or physical tension?

Reflect on any patterns or triggers that tend to exacerbate your feelings of stress and anxiety. Are there certain situations, thoughts, or behaviours that consistently contribute to your distress?



Consider the long-term effects of living in a state of chronic stress and anxiety. How does it impact your physical health, mental well-being, relationships, and overall quality of life?

Despite the challenges you face, are there moments of relief or respite from stress and anxiety? Reflect on times when you feel calm, centered, or at ease, and explore what contributes to these moments of peace.

Imagine a life free from chronic stress and anxiety. What would it look and feel like? What changes would you need to make in order to cultivate greater peace and balance in your life?

Finally, consider what support or resources you might need to better manage stress and anxiety. This could include seeking professional help, practising relaxation techniques, establishing healthy boundaries, or making lifestyle changes.

Take your time to write openly and honestly about your experiences with chronic stress and anxiety. Remember that self-reflection is an important step toward understanding and addressing these challenging emotions.

