**STRESS FREE JOURNAL**

**Name:**

**Wellbeing – Stress**

Sometimes life can move kinda fast, yk you have chill sometimes and take time for yourself x. This journal will help you deal with the craze of life.

Don’t worry many people also suffer from this and you’re not alone 😘.



**Colouring in**



**Brain Dump**

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**Gratitude**

What is something in your life that you love doing, but don't get to do as much as you would like?

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What are some things that you’re grateful for?

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**Relief page**

If you are very stressed use this page to write down all the things that you can control and all the things out of your control.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Now, what can you do to change that and make you feel less stressed?

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Hopefully you feel better now.

**Scribble Page**

Instructions? There are none.

**Gratitude**

What items/objects/people do you find provide you with the most comfort in your life? List two of them below and describe why it brings you so much comfort.

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What happened in the past week that made you smile?

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**Colouring in**