

# STRESS RELEASE *Journal Prompt*



A Workbook designed to help you manage  
your wellness and mental health by

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# SELF AWARENESS

When feeling overwhelmed and dysregulated, see if you can pause and observe the sensations in or around your body as you think about the stressful situation. Even the most subtle sensation such as temperature change, movement, constriction, opening, heaviness, texture, speed or direction of the sensation are important to notice. Yes, numbness is something to notice! See if you can just notice *and observe without any judgment*. As you become aware write them below:

Body  
Sensations

The next step is to notice any thoughts that may come up as you connect to your body. Write them below. Do not attach or make meaning of any thoughts, just notice and write them below.

Thoughts

Now take a moment to offer gratitude for your awareness to your body sensations, for how your body is communicating & for any thoughts that are present. Now imaging a loving voice validating what you are noticing and write it below.

Looking  
Lovingly

# CULTIVATING AN INNER NURTURER



## Reducing Stress by Changing Your Self Talk

Cultivating a nurturing internal dialogue with yourself takes time and practice. Many of us are familiar with the term "inner critic". Although inner critics may have been formed after people in our childhood, as adults we have the power to rewire and change how we talk to ourselves.

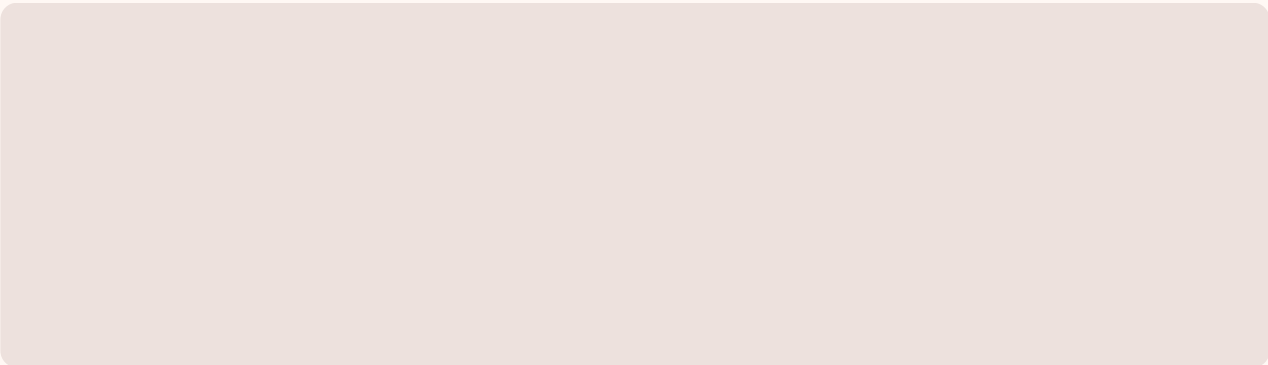
### Step 1: Identify the Trigger

Describe the situation that triggered your negative mood.



### Step 2: Notice how you are talking to yourself

Write down any thoughts you are having towards yourself.





### Step 3: List Your Feelings

Describe how you felt in the situation and your reaction to your feelings or to being triggered. Does the triggered part of you feel upset, annoyed or frustrated with yourself? Write down them below:

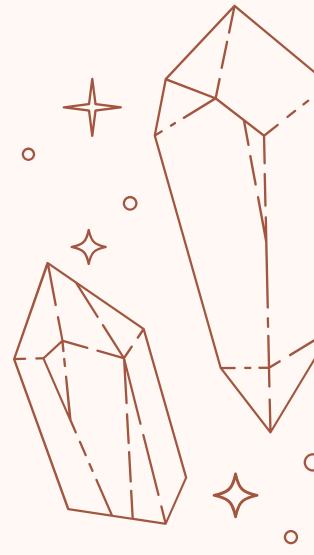
### Step 4: Validate and Offer Gratitude

Take a step back to validate any feelings that have emerged. It may sound like: "it makes sense that you feel upset, or sad right now". Offer gratitude to what has emerged in this journaling.

### Step 5: Move Your Body and Breathe

Take a moment to assess your mood. Do you feel more at ease, or more permission to feel what you may be feeling? Take a moment to rock back to forward or sway left to right. Inhale for 6 sec and Exhale for 8 sec. Repeat 4x. Now ::sigh:: and shake your arms and legs for another release. Repeat as needed.

# Understanding YOUR PATTERNS:



Try to fill in something of your own experience. You may begin to understand your difficulties a little better as your map. Particularly what patterns may be present and how each category impacts another category.

Situation

Feelings

Thoughts/Inner  
Dialogue

Physical/Body  
Sensations

Behaviors/Impulses