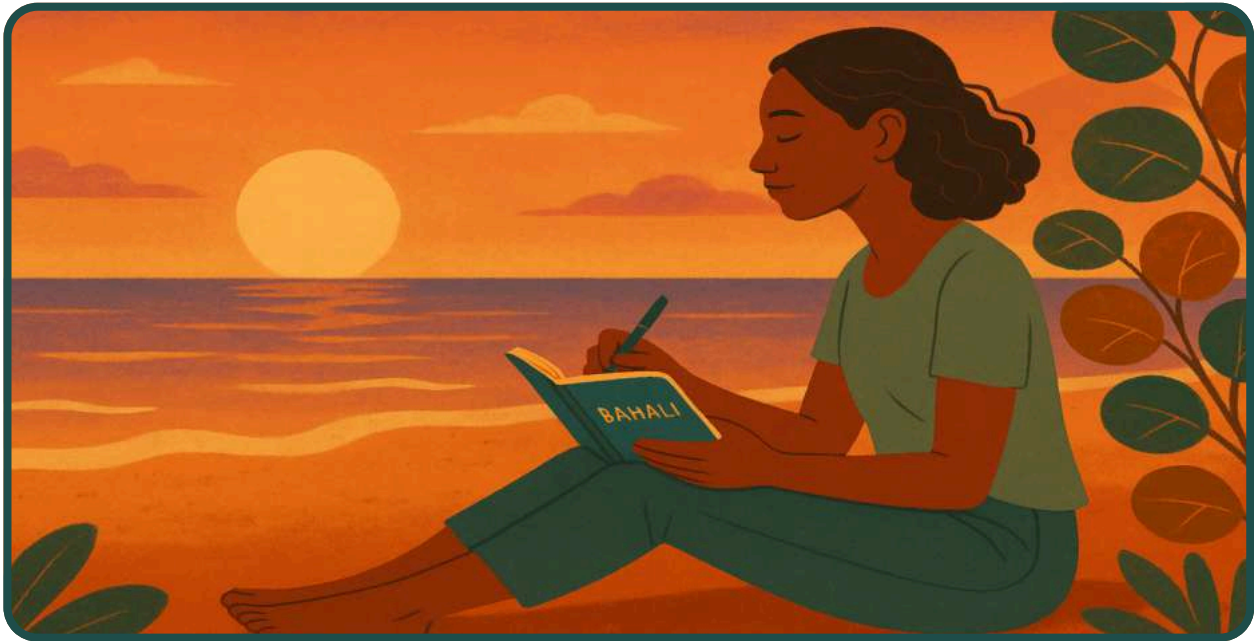


# REFLECTION & JOURNALING PAGES



07

REFLECTION &  
JOURNALING  
PAGES



Reflection and journaling give you a safe place to sort through emotions, track what helps, and make meaning of your experiences. Writing slows the mind, calms the body, and offers clarity during overwhelming moments.

- Even a few minutes of journaling can reduce stress and help you feel more grounded.

***Some prompt to get you started:***

- What emotions showed up for me today?
- What helped me feel even a little more grounded?
- Who are three people I can reach out to when I feel overwhelmed?
- What reminders help me feel safe in my body?
- One small step I can take tomorrow is...

[see **Appendix F** for an outlined journal with prompts]