



Journaling: Stress Patterns

Stress that goes unprocessed doesn't disappear. It carries into the night and keeps your body alert when it should be winding down. This short practice helps you clear mental clutter so your system can shift into rest. Use these prompts daily and alongside your nightly **beditation** to support a peaceful day and deeper, more consistent sleep.

1. Name the Residue

"What am I still carrying from today?"

Write 1–2 sentences. Be specific.

- A conversation
- A decision
- A feeling you pushed past

Do not solve it. Just name it so your body doesn't have to hold it overnight.

2. Spot the Pattern

"When did I feel most activated or tense today?"

Briefly note:

- what happened
- how your body felt (tight chest, racing thoughts, irritability)

This builds awareness of your stress triggers, which is the first step in resilience.

3. Close the Loop

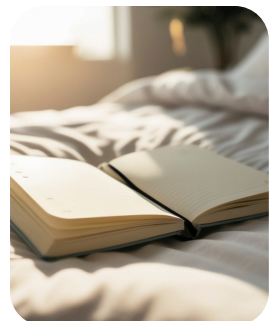
"What can I put down until tomorrow?"

List 1 thing you are choosing not to carry into the night.

Then write:

"This can wait."

This gives your brain permission to stop working.



You don't need to solve everything tonight. You just need to signal to your body that it's safe to rest. Consistent small resets like this are what build lasting resilience and better sleep over time.