

Feeling Overwhelmed Journal



twinkl

Week 1

Day 1

Think:

What are the three main things that are overwhelming you?

Day 2

Action:

Write down these three things in bold and put them somewhere you can see them.

- _____
- _____
- _____

Day 3

Think:

Are you spending a lot of time thinking about and doing these three things?

Day 4

Action:

Write down how much time you spend at school, at home, doing hobbies, etc. Compare this to your answer from yesterday.

Week 5

Day 29

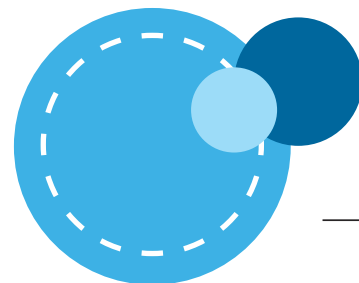
Think:

How can you use what you have learnt to feel calmer and less overwhelmed tomorrow?

Day 30

Action:

Create a positive affirmation to help you feel calm.



Day 25 -----

Think:

What are your main goals for the next week and the next month?

Day 26 -----

Action:

Write down how you are going to achieve these goals while also feeling calm and in control.

Day 27 -----

Action:

Try your plan today.

Day 28 -----

Action:

Write what went well, what didn't go as well as it could have and what you have learnt from it.

Day 5 -----

Think:

What does being overwhelmed feel like?

Day 6 -----

Action:

Draw or write about how your body feels when you are overwhelmed.

Day 7 -----

Think:

What does feeling overwhelmed sound like?

Week 2

Day 8

Action:

Draw or write about what you might hear if you or someone else are feeling overwhelmed.

Day 9

Think:

What effect does the feeling of being overwhelmed have on your mind?

Week 4

Day 22

Action:

Write down the last time you made yourself and someone else proud of you. Write down how you felt at the time and the effect it had on you.

Day 23

Think:

Do you think feeling overwhelmed is a helpful behaviour?
Why do you think that?

Day 24

Action:

Write down a list of triggers that make you feel overwhelmed and then create a list of triggers that make you feel calm.

Overwhelmed: _____

Calm: _____

Day 18

Action:

Write down all of the strategies you can use to calm yourself down. For example, listening to music.

Day 19

Think:

What ideas would you like to try to help your body and mind relax?

Day 20

Action:

Try one new idea today and write down how it made you feel.

Day 21

Think:

Are you worried about disappointing someone or letting them down?

Day 10

Action:

Draw or write about the effect feeling overwhelmed has on your brain and your ability to think.

Day 11

Think:

Is feeling overwhelmed useful to you?

Day 12

Action:

Write down a better emotion that will be more useful to you.

Day 13

Think:

What helps you feel less overwhelmed and more in control?

Day 14

Action:

Make a to-do list to help you organise your thoughts and your time.

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Day 15

Think:

What triggers or causes you to feel overwhelmed?

Day 16

Action:

Write down these triggers and ways you could change them so they affect you less.

Day 17

Think:

What can you do to feel calmer and more in control?