

Put Your
Pandemic
Stress
Here

Creative Journaling
Prompts for a Little Relief,
Comfort & Fun!

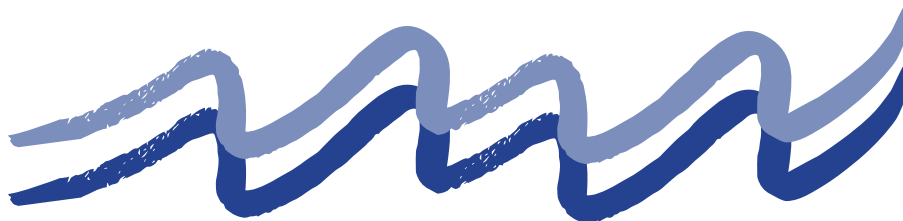
Lisa M. Schab, LCSW
author of *Put Your Worries Here*
and *Put Your Feelings Here*

The universe is speaking calming
thoughts to you.

What is it saying?

“YOU CAN’T STOP THE
WAVES BUT YOU CAN
LEARN HOW TO SURF.”

—Jon Kabat-Zinn



Touch a drop of vanilla—
or lavender—or another
calming essential oil
across this page.

Breathe in . . . breathe out.

Create a collage
using anything that brings you peace...

I am grateful for...

People

Things

Places



* Things I can't change *

(I accept them and let them go.)

* Things I can change *

(I have the courage to try!)

CLOSE
YOUR EYES
AND
BREATHE
PEACEFULLY.

Imagine
a soft,
warm
golden
light
flowing
gently
through
your
entire
body
from
head to
toe.

↑ Draw your peace-filled self. ↑

Some people say . . .

"There's a reason for everything."

"This, too, shall pass."

"My struggle today is my strength tomorrow."



What words help you?

Write your favorites . . . or create your own.

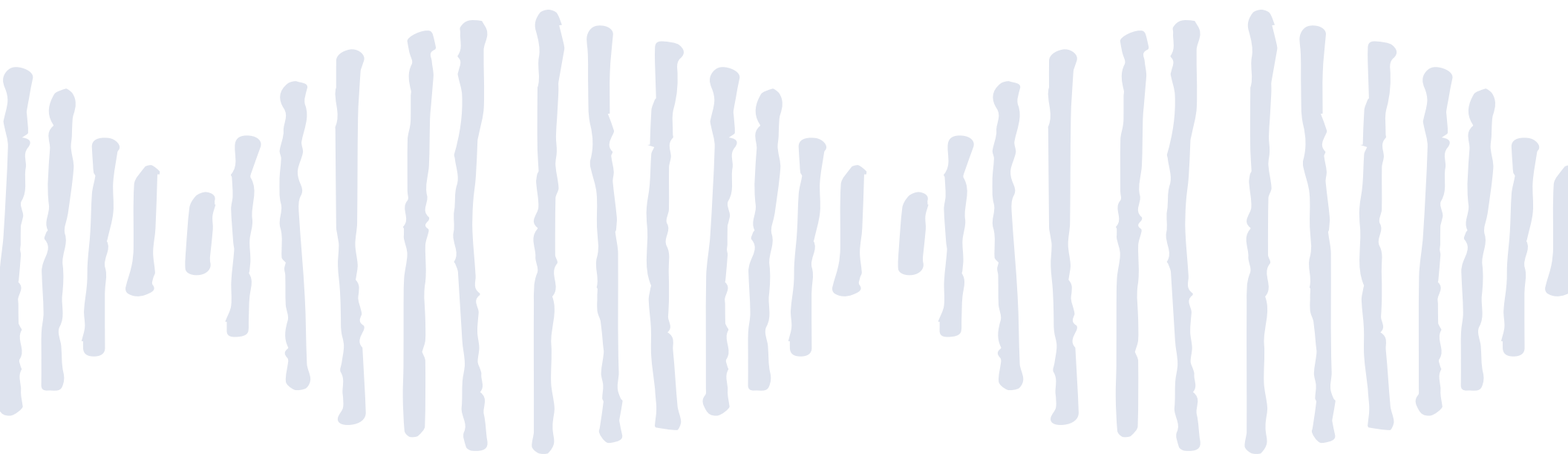
Trace your toes here.
Give each one a name.

Draw smiles on them—or hats—
or bow ties—or?





Play a song that soothes you. Close your eyes . . .
hear each note . . . *become* the notes. Draw yourself as music . . .



Someone you care about
could use your help.

♥ NAME: _____

NEED: _____

WHAT I COULD DO: _____

♥ NAME: _____

NEED: _____

WHAT I COULD DO: _____

♥ NAME: _____

NEED: _____

WHAT I COULD DO: _____

♥ NAME: _____

NEED: _____

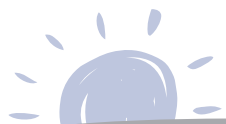
WHAT I COULD DO: _____

♥ NAME: _____

NEED: _____

WHAT I COULD DO: _____

Reach out to them now.



Close your eyes,

breathe deeply.

Imagine you can merge into this
natural process and become one with it.
Describe what it's like.

Visualize a . . .

setting sun

falling rain

flowing stream

blooming flower

twinkling star

shifting sand dune

or _____

Brain Yoga!

Thoughts that create balance: *I am centered in peace.*

Thoughts that build strength: *I can tolerate discomfort.*

Thoughts that increase flexibility: *Imperfection is good enough.*

Write

more that can

help you now.



The Ultimate Category Game

CUTE PET NAMES

1
2
3
4
5
6
7
8
9
10

ICE CREAM FLAVORS

1
2
3
4
5
6
7
8
9
10

KIDS' BOARD GAMES

1
2
3
4
5
6
7
8
9
10

TROPICAL DESTINATIONS

1
2
3
4
5
6
7
8
9
10

EXCLAMATIONS (EXCLUDING PROFANITY)

1
2
3
4
5
6
7
8
9
10

PLACES BEGINNING WITH S

1
2
3
4
5
6
7
8
9
10

SHOE STYLES

1
2
3
4
5
6
7
8
9
10

PIZZA TOPPINGS

1
2
3
4
5
6
7
8
9
10

Set a timer for
5 minutes-how many
can you complete?

PUT A COLOR THAT SOOTHES YOU HERE.



*Sit quietly and gaze into the space. As you gently inhale and exhale,
imagine this color filling your whole body, mind, and spirit.*



All the things that are going **RIGHT** today.

(Include everything. Did you wake up? Can you breathe?)

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