

30-Day Journaling Prompts for Anxiety & Stress Management

Journaling can help you manage anxiety and stress by giving your thoughts a safe place to land. Here are 30 daily prompts to guide you in reflection and self-care. Try one each day, and don't worry about being perfect—just write what comes naturally.

Day 1: What are three things I am grateful for today?
Day 2: Describe one worry that's on your mind, then write how you would comfort a friend with that same worry.
Day 3: List five things in your life that bring you calm or joy.
Day 4: What physical sensations tell me I'm feeling stressed?
Day 5: What's one situation I handled better than I expected?
Day 6: Write about a safe place—real or imagined—where you feel at peace.
Day 7: What are three affirmations I can repeat when I feel anxious?
Day 8: Describe a time when I overcame fear and succeeded.
Day 9: What's one boundary I can set this week to protect my peace?
Day 10: What helps me feel grounded in the present moment?
Day 11: If my anxiety could speak, what would it say? How can I respond with compassion?
Day 12: What is one healthy coping skill I've used before that I can return to now?
Day 13: List three songs that always shift my mood. Why do they help?
Day 14: What is one fear I want to release today?
Day 15: Write about someone who supports me and how they make me feel safe.
Day 16: What are five small wins I've had in the past week?
Day 17: If stress had a color, what color would it be today? Why?
Day 18: Describe a time I felt proud of myself.
Day 19: What does self-care look like for me right now?
Day 20: What are three calming activities I can try this week?
Day 21: How does my body feel when I'm anxious? How does it feel when I'm calm?
Day 22: What is one situation I can view differently to reduce stress?
Day 23: Who can I reach out to when I need support?
Day 24: Write down one negative thought. Now reframe it into a balanced statement.
Day 25: What's one way I can practice kindness toward myself today?
Day 26: What is one thing I can let go of that I cannot control?

Day 27: Describe how I want to feel one month from now.
Day 28: What routines help me feel safe and steady?
Day 29: What is something I want to remind myself when I face challenges?
Day 30: End with gratitude: list three things I appreciate about myself.

Tip: Don't overthink your responses. Journaling works best when you allow your thoughts to flow without judgment.