

STRESS, BURNOUT & EMOTIONAL REGULATION

Journalling to Help You Prepare Before Your Next Session

Stress often builds quietly before we notice it. These reflections help you spot early signs, understand your emotions and find what restores you.

Set aside 15–20 minutes in a quiet place. Complete each statement in your own words. There are no right or wrong answers, and you may skip anything you are not ready for. Please bring this with you to our next session.

Name: _____

Date: _____

01 Right now my stress level is ____ out of 10. The biggest sources of it are...

02 The first signs that I am running on empty (in my body, mood or behaviour) are...

03 When I feel overwhelmed, the emotion underneath is often (anger, sadness, fear, guilt, shame, other)...

04 A recent moment when I reacted more strongly than I wanted to was... What was happening just before?

05 Something I say yes to that I would honestly like to say no to is... A small boundary I could try is...

06 The things that drain my energy are... The things that refill it are...

07 The last time I truly rested, not just stopped working, was... What gets in the way of rest?

08 When my emotions feel big, what helps me settle, even a little, is...

09 An expectation I place on myself that feels unrealistic is... A more sustainable version would be...

10 What I would most like support with in our next session is...

If anything here feels overwhelming, pause and be gentle with yourself. We can explore it together in session.