

# 31 JOURNAL PROMPTS FOR MANAGING ANXIETY/DEPRESSION

- DAY 1: What are some words & ideas that paint happy & colorful thoughts to my mind (i.e. memories, people, quotes/phrases, lyrics, significant objects)?
- DAY 2: If my best friend or younger self were going through an anxious or depressing situation, what would I tell them or what advice would I give them?
- DAY 3: What is the most interesting thing I secretly wish/want more people to know about me? What makes this thing about me so special?
- DAY 4: What was the last problem I can remember that I was able to overcome & how did I do it?
- DAY 5: What are some of the greatest compliments I've ever received and truly appreciated? Have I ever received ones that I didn't appreciate but then do now? What were they?
- DAY 6: What are some of the greatest accomplishments I've ever made since I can remember & how have they shaped my character?
- DAY 7: Did anything good happen today? Did they benefit me or others I loved in anyway? What were they?
- DAY 8: What are some of the things that make me sad or anxious? Why do they make me sad/anxious? Do I know what triggers them? If so, what are they?
- DAY 9: From a scale of greatest to least, what do I get anxious about? For the next month, what can I do to help minimize if not eliminate the anxieties of each?
- DAY 10: Before I got out of bed this morning, what were some of my first thoughts & feelings? Did they contribute to my state or how I am feeling now?
- DAY 11: If I changed my morning routine to help me manage my time & relationships better, what would it look like? How did I spend the last 30 minutes before I went to bed last night? If I changed my nightly routine, what would it look like?
- DAY 12: Were any of my actions today or the past week intentional & how did/do I feel about them?
- DAY 13: Have I let go of that one thing I know I should let go of? If I let go of it now, how will it help me be more peaceful & calm?
- DAY 14: Is there anything good that can come out of anxiety, such as pressure to finish a project before a deadline? Have I ever had any blessings in disguise that started out as a worry?
- DAY 15: When I meditate/pray, do I only do it at the beginning or end of the day or do I engage in it as soon as I am feeling depressed or anxious? If I don't already do so, will I start today? How can I make meditation more consistent?
- DAY 16: What are important things to me? What do I value most in life? I am daily making action towards them?
- DAY 17: Patience & humility play an important role in avoiding anxiety. Was there ever a situation that could have made me even more worried & anxious than I already was? What did I do? What precautions did I take? Could any of them be tied to patience & humility?

- DAY 18: If I didn't include patience/humility in my list of values, this is a sign that I need to start practicing it more often. My focus reflects every negative thought & feeling I have throughout the day. What are some things I know I should be more focused on?
- DAY 19: Being selfless means that I should be kinder & more thoughtful of people & not so focused on myself or my own thoughts & feelings all the time. Releasing intentional thoughts & feelings of love to them are considered meditations. Who were they & what were those thoughts?
- DAY 20: How important is my health to me? My mental health & emotional well-being is a balance between my beliefs/morals & what I consume. What are specific foods I should include in my diet or eat more of to help my moods? What foods should I limit or stay away from?
- DAY 21: What are my top goals this year? If being anxiety-free or emotional management is one of them (now), what areas of life can I take time to organize right now? How will prioritizing them improve my mental health & emotional well-being?
- DAY 22: Did I have a problem today that I neglected/ignored? Can I face them now by writing about it through honesty & observing my thoughts? If I didn't have any problems today, have I helped someone with theirs in the past week? Has the situation helped me or them grow? What were my words?
- DAY 23: What was the most memorable obstacle in my life? How did I overcome it & what did I learn?
- DAY 24: What advice would I give to my younger self or my future kid(s)? What things should they know about life, thoughts, feelings...? What knowledge will benefit them when it comes to hardships?
- DAY 25: What hopes & prayers do I have for my future self? What do I want myself to remember?
- DAY 26: If controlling my feelings is a struggle, have I ever tried observing my own thoughts as I'm thinking them? Can this possibly help me not give in to my emotions so much?
- DAY 27: The next time I'm worried or feel sad at the moment of my situation, how likely am I to observe/pay attention to my negativity & recognize they are just that & not yet my reality? \*Choose 3-5 Bible verses that speak to you the most. Assign each one to a specific struggle you have & meditate on them.
- DAY 28: Who do I appreciate the most in life & why? Do I aspire to be more like them? If I've never thought of it before, will I make their qualities a standard in my life? How can these qualities help with my depression/anxiety? What can I do to be more like this person?
- DAY 29: What is my #1 fear & why? What has caused this to be my greatest fear? Are my reasons logical? How is this inhibiting me today? What can I do today to make this less & less a fear?
- DAY 30: What is/was the best year of my life? Who was all a part of it? Did they help me become a better person overall? What events & situations made that year so special & memorable? What did I do differently that made this year great?
- DAY 31: When I think of my anxiety/depression, do I pity myself more so as if I'm out of hope or is my desire for a healthier mind stronger? What have I learned about myself answering these questions?

## **Here's a few more questions. :P**

Do you think these questions would help you understand yourself better?

Do you think they could benefit you & your relationships?

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