

Working With *Your Stress*

A Gentle Reflection Journal

A quiet space to notice, name and understand the stress you're carrying — at your own pace.

PART ONE

Before You Begin

Stress isn't a sign that something is wrong with you. It's your nervous system doing exactly what it's designed to do — trying to keep you safe, on track, and in control, often in situations where you feel like you have very little of either.

The trouble is, when stress becomes constant, it stops feeling like information and starts feeling like static. We stop noticing what it's actually pointing to.

This journal is a gentle invitation to slow that down. Not to fix your stress or make it disappear, but to get a little more familiar with it — where it lives in your body, what triggers it, what it's trying to protect, and what might genuinely help.

How to use this journal

- Find a quiet ten to fifteen minutes where you won't be interrupted.
- There are no right or wrong answers here — write whatever comes up, even if it's messy or incomplete.
- You don't have to answer every question in one sitting. Come back to this whenever you need to.
- Try to write in your own words, as if you were talking to someone who won't judge you — because you are.

PART TWO

Let's Begin

NOTICING

Before you try to understand or fix anything, just notice. This part is about paying attention, not analysing.

- 1 Before you write anything else, take one slow breath. Right now, on a scale of 1 to 10, how stressed does your body feel?

- 2 Scan yourself from head to toe. Where does stress seem to be sitting today — your jaw, your shoulders, your stomach, somewhere else?

- 3 If today's stress had a temperature, would it feel hot and urgent, or more like a low, constant hum in the background?

- 4 Bring to mind one moment from today or yesterday when you felt stress creeping in.

- 5 What were you doing, or who were you with, right before that moment?

UNDERSTANDING

Now that you can see it a little more clearly, get curious about where it's coming from.

- 6 Looking back at that moment, what were you afraid might happen if things didn't go the way you wanted?

- 7 Is this stress mostly about something you need to do, someone you need to manage, or something entirely out of your control?

- 8 When you feel this way, what's the story running underneath it — an "I have to," an "I should," or an "if I don't, then"?

- 9 Whose voice does that story sound like? Is it really yours, or one you picked up somewhere along the way?

- 10 What would you have to believe, or let go of, for this to feel even slightly less urgent?

RESPONDING WITH CARE

The point isn't to eliminate stress overnight — it's to respond to it a little more kindly.

11 When stress builds like this, what do you usually reach for? Does it genuinely help, or mostly just distract you?

12 Think of a time you felt this same kind of stress and made it through. What actually helped then?

13 If a close friend described this exact situation to you, what would you gently tell them?

14 What is one boundary, request, or small change that could ease this, even slightly?

15 Write a short message to yourself, to read the next time this particular stress shows up again.

PART THREE

A Closing Thought

Thank you for sitting with these questions. Stress often shrinks a little the moment we stop pushing it away and simply look at it.

You don't need to have this all figured out today. Awareness is already the beginning of a shift.

STAY CONNECTED

The Gentle Neurons offers gentle, holistic, one-on-one support if you'd like a space to talk any of this through.

Website: www.thegentloneurons.com
