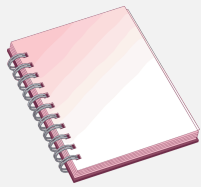


# The Gentle Journaling Workbook

A simple, compassionate guide to  
reconnecting with yourself — one page at a  
time.

Written by

The Centre of Excellence in Child Trauma



# Why Journalling Helps When You're Burnt Out

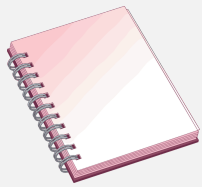
“You don’t need long entries. You just need a moment with yourself.”

Journalling isn’t about writing beautifully or filling pages. It’s about creating a tiny pause where you can hear yourself again.

When you’re overwhelmed, journalling can help you:

- Untangle your thoughts
- Release emotional pressure
- Notice what you need
- Reduce mental load
- Feel more grounded
- Reconnect with who you are beyond parenting

This workbook gives you simple, low-effort ways to journal, even if you only have 60 seconds.



# The 60-Second Check-In

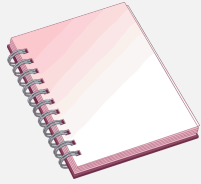
A tiny journalling moment for busy days.

Write one sentence for each:

- Right now, I feel...
- What I need most is...
- One small thing I can do next is...

That's it.

You've journalled.

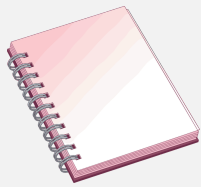


# The "Name It to Tame It" Prompt

When emotions feel big or messy:

- The emotion I'm feeling is...
- What triggered it was...
- What I wish I could have right now is...

Naming emotions reduces their intensity.



# The “Unload My Brain” Dump

Set a timer for 2 minutes.

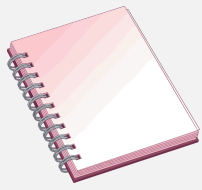
Write everything swirling in your mind — tasks, worries, frustrations, random thoughts.

No structure.

No editing.

No judgement.

This clears mental space instantly.



# Journaling Styles

“There’s no right way to journal. Only the way that works for you.”

Here are several journaling styles — pick the one that feels easiest today.



## One-Line-a-Day Journaling

Perfect for parents with no time.

Examples:

- “Today felt heavy, but I kept going.”
- “I laughed once today, and it mattered.”
- “I’m proud of how I handled bedtime.”

One line is enough.

## Prompt-Based Journalling

Choose one prompt and write for 1–3 minutes.

Prompts:

- What's taking up most of my mental space today?
- What do I wish someone would say to me right now?
- What's one thing I want to let go of?
- What's one thing I'm craving — emotionally or physically?
- Where did I feel even a tiny moment of ease today?



## Gratitude (But Make It Realistic)

Not forced positivity — genuine, tiny gratitude.

Try:

- One thing that didn't go wrong today...
- One moment that felt okay...
- One person who made things easier...
- One thing I'm grateful to myself for...

## The “Future Me” Note

Write a short message to your future self.

Examples:

- “You’re doing your best. I’m proud of you.”
- “This season is hard, but it won’t always feel like this.”
- “You deserve rest and kindness.”



## The “Let It Out” Rant Page

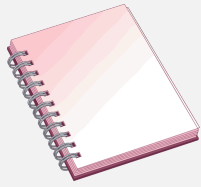
A safe place to vent without judgement.

Write:

- Everything that annoyed you
- Everything that felt unfair
- Everything you wish you could say out loud

Then close the page.

You’ve released it.



# Deepening Your Journalling Practice

“This is where clarity, compassion, and self-connection grow.”

These exercises help you go deeper when you have a little more time or emotional space.

## The “What’s Really Going On?” Reflection

Answer slowly:

- What’s underneath my stress?
- What am I avoiding because it feels too big?
- What do I need that I haven’t asked for?
- Where am I being too hard on myself?

This helps you uncover the root of your overwhelm.

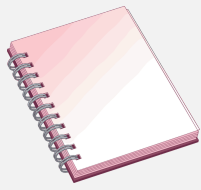


## The “Three Layers” Journalling Method

Write three short sections:

1. What happened today
2. How it made me feel
3. What I need going forward

This turns chaos into clarity.

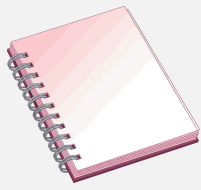


# The “Compassionate Reframe” Page

Choose a stressful thought and rewrite it with kindness.

Examples:

- “I’m failing.”  
→ “I’m overwhelmed and doing my best.”
  
- “I should be coping better.”  
→ “I’m human, and this is a lot.”
  
- “I’m not patient enough.”  
→ “I’m stretched thin, not flawed.”



# The “Letting Go” Ritual

Write down:

- One thing I’m releasing
- Why it’s okay to let it go
- What I’m making space for instead

This creates emotional breathing room.

“My words matter.  
My feelings matter.  
I deserve space to hear myself.”

# The Gentle Journalling

- WORKBOOK -



Centre of  
Excellence  

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in **CHILD**  
**TRAUMA**