

# Feeling Overwhelmed Journal



twinkl

# Week 1

## Day 1

Think:

What are the three main things that are overwhelming you?

## Day 2

Action:

Write down these three things in bold and put them somewhere you can see them.

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- \_\_\_\_\_
- \_\_\_\_\_

## Day 3

Think:

Are you spending a lot of time thinking about and doing these three things?

## Day 4

Action:

Write down how much time you spend at school, at home, doing hobbies, etc. Compare this to your answer from yesterday.

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## Day 5

Think:

What does being overwhelmed feel like?

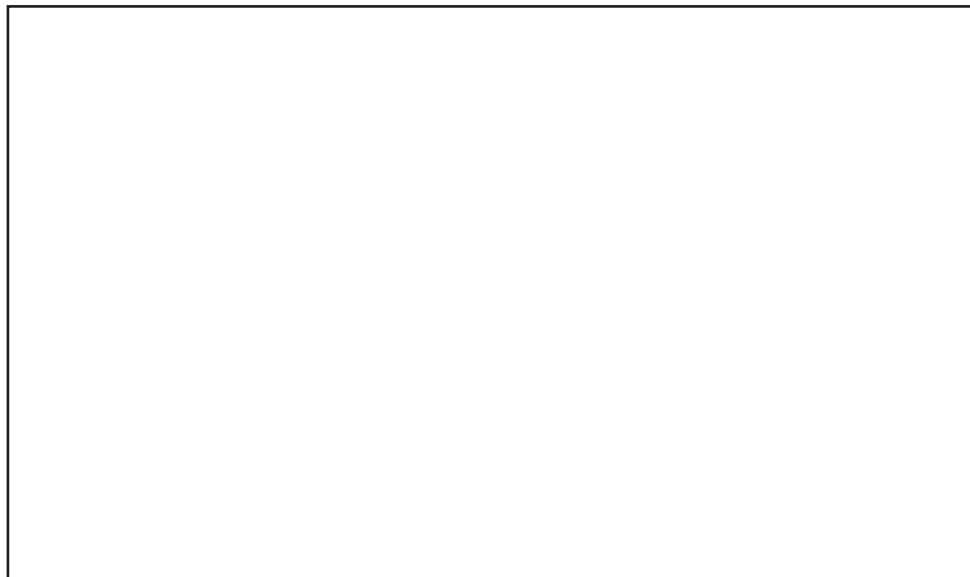
## Day 6

Action:

Draw or write about how your body feels when you are overwhelmed.

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## Day 7

Think:

What does feeling overwhelmed sound like?

# Week 2

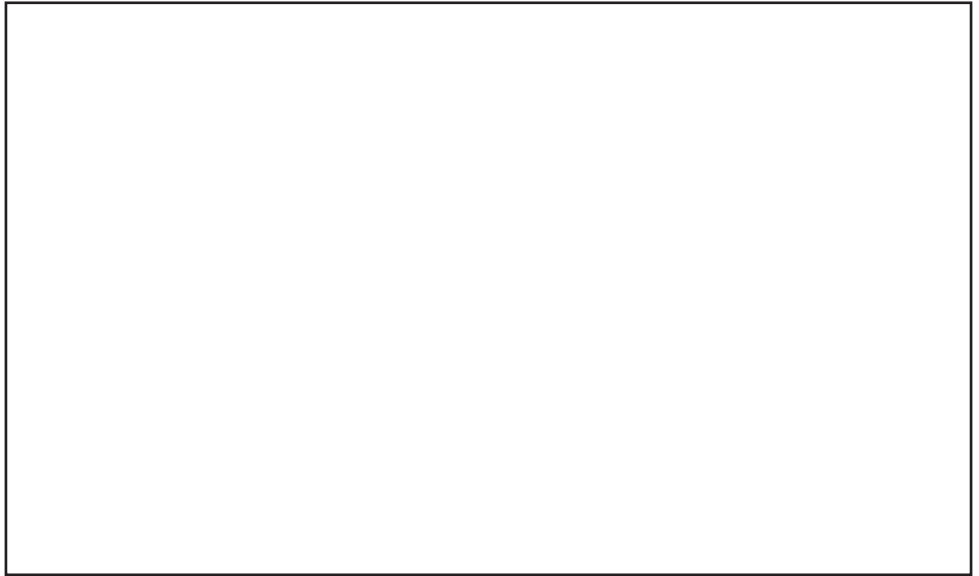
## Day 8

### Action:

Draw or write about what you might hear if you or someone else are feeling overwhelmed.

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## Day 9

### Think:

What effect does the feeling of being overwhelmed have on your mind?

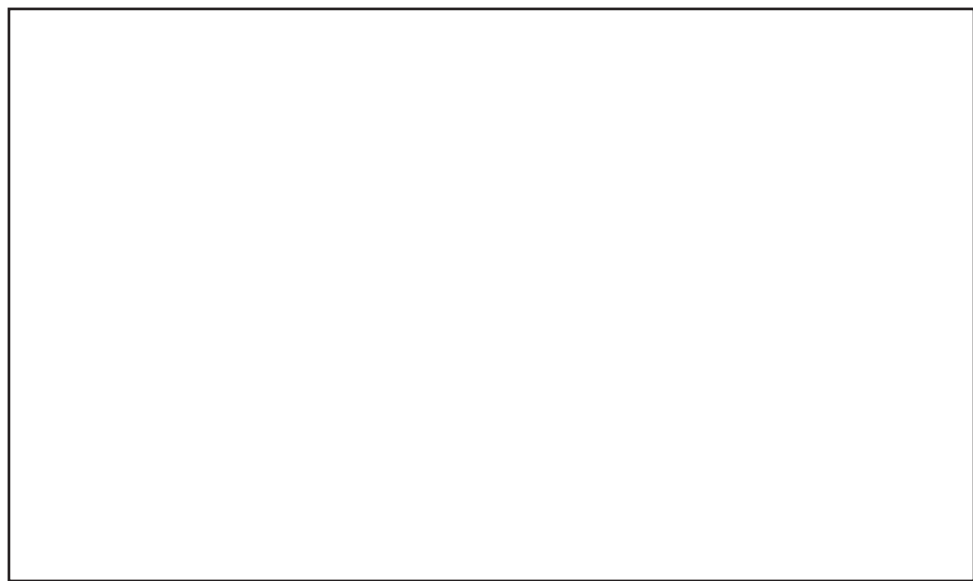
## Day 10

### Action:

Draw or write about the effect feeling overwhelmed has on your brain and your ability to think.

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## Day 11

### Think:

Is feeling overwhelmed useful to you?

**Day 12**



Action:

Write down a better emotion that will be more useful to you.

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**Day 13**



Think:

What helps you feel less overwhelmed and more in control?

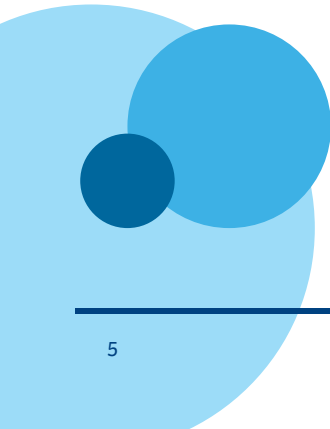
**Day 14**



Action:

Make a to-do list to help you organise your thoughts and your time.

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# Week 3

## Day 15

Think:

What triggers or causes you to feel overwhelmed?

## Day 16

Action:

Write down these triggers and ways you could change them so they affect you less.

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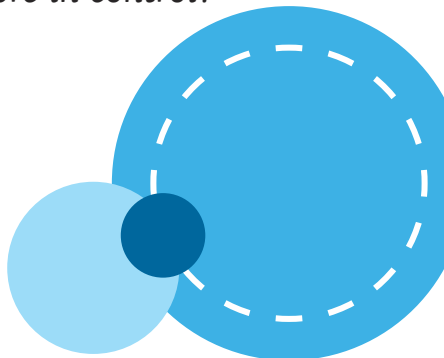
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## Day 17

Think:

What can you do to feel calmer and more in control?



**Day 18**

**Action:**

Write down all of the strategies you can use to calm yourself down. For example, listening to music.

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**Day 19**

**Think:**

What ideas would you like to try to help your body and mind relax?

**Day 20**

**Action:**

Try one new idea today and write down how it made you feel.

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**Day 21**

**Think:**

Are you worried about disappointing someone or letting them down?



# Week 4

## Day 22

### Action:

Write down the last time you made yourself and someone else proud of you. Write down how you felt at the time and the effect it had on you.

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## Day 23

### Think:

Do you think feeling overwhelmed is a helpful behaviour?  
Why do you think that?

## Day 24

### Action:

Write down a list of triggers that make you feel overwhelmed and then create a list of triggers that make you feel calm.

Overwhelmed: \_\_\_\_\_

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Calm: \_\_\_\_\_

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**Day 25**



Think:

What are your main goals for the next week and the next month?

**Day 26**



Action:

Write down how you are going to achieve these goals while also feeling calm and in control.

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**Day 27**



Action:

Try your plan today.

**Day 28**



Action:

Write what went well, what didn't go as well as it could have and what you have learnt from it.

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# Week 5

## Day 29

Think:

How can you use what you have learnt to feel calmer and less overwhelmed tomorrow?

## Day 30

Action:

Create a positive affirmation to help you feel calm.

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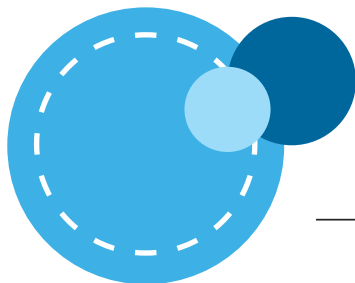
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