

# The Overwhelmed Single Mum Reset

## JOURNALLING

Quick tools for overwhelmed single mums

Journaling is a simple and supportive way to help regulate your emotions. When your mind begins to spiral, thoughts can feel **tangled** and **overwhelming**.

Writing them down can gently create space between you and the noise in your mind, allowing you to see things with more clarity and perspective.

### Here's how to use journaling when spiraling:

Free-write for 5–10 minutes without censoring yourself. Let the thoughts spill out.

Use structured prompts.

### Grounding Prompts

- What does my body need most right now?
- What is one small thing that would feel supportive today?
- What am I noticing around me in this moment?
- What is something steady or safe in my life right now?
- What feels even slightly calming to think about?

## **Self Compassion Prompts**

These help soften self-criticism and restore emotional safety.

- If I spoke to myself with kindness right now, what would I say?
- What would I say to a dear friend who was feeling the way I do?
- What is something I'm doing my best with right now?
- What am I carrying that deserves compassion?
- What is one way I can be gentler with myself today?

## **Perspective & Untangling Prompts**

These help calm spiraling thoughts by bringing clarity.

- What thoughts keep circling in my mind right now?
- Which of these thoughts are facts, and which are fears?
- What might a calmer version of me say about this situation?
- What part of this situation is actually within my control?
- What is one small next step that feels manageable?

## **Regulation & Release Prompts**

These help the nervous system release tension.

- What emotions feel most present in my body right now?
- If this feeling had a message for me, what might it be?
- What am I holding onto that I might gently set down today?
- What would it feel like to give myself permission to rest?
- What does "enough for today" look like?

## Awe & Expansion Prompts

These help shift attention outward, which can calm stress loops.

- What is something beautiful I noticed today?
- What is something about the world that amazes me?
- When did I last feel a moment of wonder or appreciation?
- What is something in nature that reminds me of resilience?
- What is something bigger than my worries right now?
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## Closing Prompts

These help the brain move toward calm and completion. For nervous system settling.

- What is one thing I'm grateful for in this moment?
- What felt even slightly lighter after writing today?
- What is one thing I can let tomorrow take care of?
- What would it feel like to allow myself to rest now?

**There is no right way to journal.** You don't need perfect sentences or long reflections. Even a few honest words can help the mind slow down and the nervous system begin to settle.