

Journaling helps to reduce stress, improves mental health and wellbeing, helps get negative thoughts out and process emotions, and increases awareness- all things that would help anyone and especially being a partner of a first responder. Whatever you are feeling is valid and writing it down can help.

What am I worried about? How likely is it to happen?

What are five things I can do to calm myself in a stressful situation?

What can I do to be kinder to myself when I'm feeling anxious?

What are five things I take for granted but am very grateful for?

What is something I really love doing? How can I make time to do it more?

Where am I holding tension in my body, and how can I release it?

What are the things that are causing me to feel scared, angry, or resentful?

What makes you feel better when you're feeling lonely?

What does my body need right now?

What self-care practices can you incorporate into your daily routine to help reduce feelings of overwhelm?

What is an unhelpful habit you can stop doing and what helpful thing can you replace it with?