



5 Days to Calm

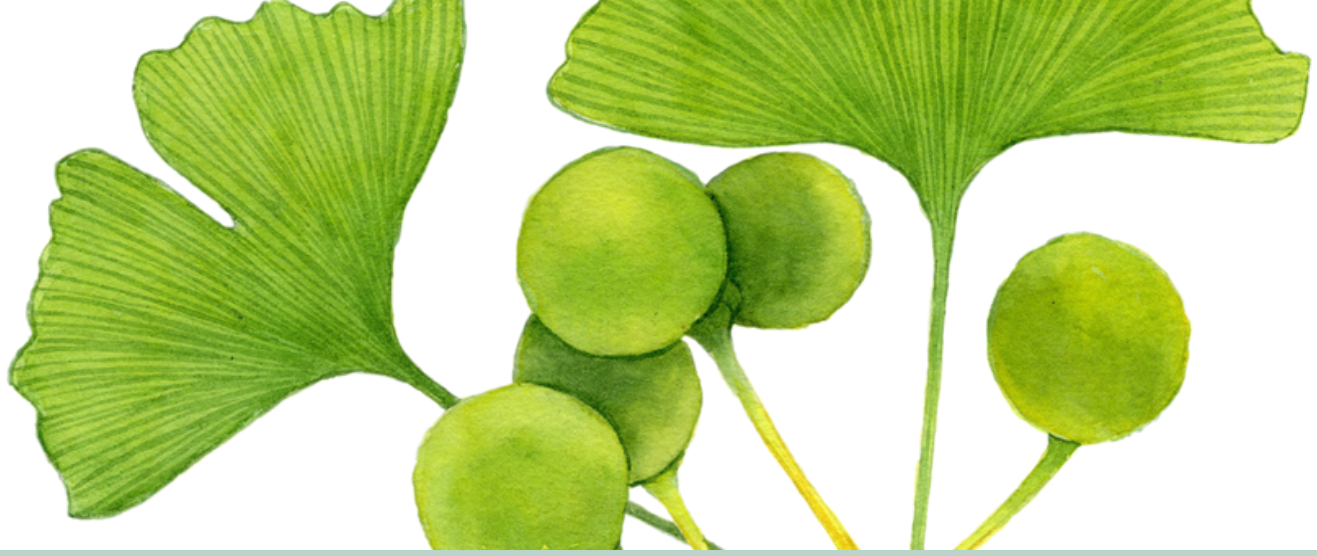
A mini journal for when you are
feeling overwhelmed

Slow down

Breathe

Reconnect with yourself

Created by Creativelyreflect



Welcome to Your 5-Day Gentle Calm Mini Journal

Over the next five days, you will explore short journaling prompts, reflective meditation, mindful reflection, and gentle exercises to reconnect with calm.

How to Use This Journal:

1. Set aside 5–10 minutes each day
2. Find a quiet space, breathe deeply, and engage with the prompts
3. Read the prompts and use what you have read as the focus of a meditation
4. Create gentle photos of anything that inspires calm





A gentle reminder

This mini journal has been designed to enhance your wellbeing and inspire moments of reflection, rest, and self-connection. Please note, it is not a substitute for therapy or professional mental health services.

Please move through these activities gently and at your own pace. If at any point you feel tired, overwhelmed, or need to pause, give yourself permission to rest. There is no pressure to complete everything at once.

These practices are here to support you, not to add extra stress. If you notice that engaging with this journal is bringing up difficult emotions or having an adverse impact on your wellbeing, please stop and seek support from a trusted professional, therapist, or support network.

Your wellbeing comes first always.



Day 1

Settling Into Calm



Find a quiet, comfortable place to sit. Begin to notice your inner experience just as it is right now. Pay attention to areas of tightness, heaviness, restlessness, or overwhelm whether in your body, your thoughts, or your emotions. Close your eyes and take a few slow, gentle breaths. After a few breaths and when you feel ready.

Write freely about what you observe.

There is no need to analyse, fix, or change anything. This practice is simply about noticing and allowing. Let your words flow naturally, without judgment or expectation.

Where do I feel tension in my body or mind today?

Where do I feel tension in my body or mind today?

Settling Into Your Body

Please find a comfortable position. Take a moment to read, follow the actions and reflect on the following:

Scan your body from the top of your head down to your feet. Notice any areas of tension, tightness, or discomfort.

As you breathe, imagine your breath flowing gently into these areas, creating space and ease.

Bring your awareness to your feet. Imagine them grounding into the floor beneath you, steady, supported, and secure.

With each breath, feel a sense of calm settling throughout your body.

When you feel ready, slowly open your eyes and return your attention to the room.

Mindful Photography Activity

Today, create one object, place, or scene that makes you feel safe or grounded.

As you create the photo, pause for a moment and notice how your body responds. Allow this image to serve as a visual reminder of calm.



Day 2

Observing Thoughts

Settle into a comfortable position. Begin writing about the thoughts that seem to return again and again, worries, reminders, plans, or inner dialogue.

As you write, imagine these thoughts as clouds drifting across the sky of your mind.

You are not required to engage with them, solve them, or push them away. Simply notice their presence.

Write with curiosity rather than judgment. Allow each thought to pass in its own time, leaving space behind it.



JOURNAL PROMPT

WHICH THOUGHTS
OR WORRIES CAN I
SIMPLY OBSERVE
TODAY?

Journal prompt

Which thoughts or worries can I simply observe today?

Journal prompt

Which thoughts or worries can I simply observe today?

This image shows a full page of white paper with horizontal green dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.

Witnessing Thoughts

Please find a comfortable position. Take a moment to read, follow the actions and reflect on the following:

Close your eyes or lower your gaze and bring your attention to your breath.

Notice the thoughts moving through your mind. Some may feel loud or persistent, others faint or fleeting. Acknowledge each thought as it appears, and gently let it float by like a cloud crossing the sky.

There is no need to follow the thought or give it meaning. Simply notice, breathe, and return to awareness.

With each breath, allow a sense of calm, open presence to expand. Rest in the space between thoughts.

When you feel ready and slowly open your eyes.





Mindful Photography Activity

Today, create a photo of a still object or calm scene that represents mental clarity for you.

Pause before creating the image and notice the quiet space within your mind as you do.



Day 3

Gratitude & Presence

Prompt:

What are three small things I am grateful for today?

Take a moment to settle into a comfortable space. Begin by listing three things you notice or appreciate today. These can be simple and ordinary something you saw, felt, heard, or experienced. There is no need to search for “big” moments. Small details often carry the most meaning.

After listing each item, pause and reflect on how it makes you feel. Notice any warmth, ease, or softening in your body or mood as you write.

Allow gratitude to be a gentle noticing, not an obligation.



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Gratitude Pause

Please find a comfortable position. Take a moment to read, follow the actions and reflect on the following:

Bring to mind the first item on your gratitude list. Picture it clearly and notice the sensations it creates in your body. Allow yourself to fully receive the feeling it brings.

Move to the second item, and then the third, giving each one a moment of attention.

With each breath, imagine appreciation spreading gently through your body. Let it settle in your chest, your breath, and your posture.

Carry this sense of gratitude with you as you return to your day.

Mindful Photography Activity

Create an image that reflects one of the things you felt grateful for today.

As you create the photo, pause and notice how appreciation feels in your body.

Day 4

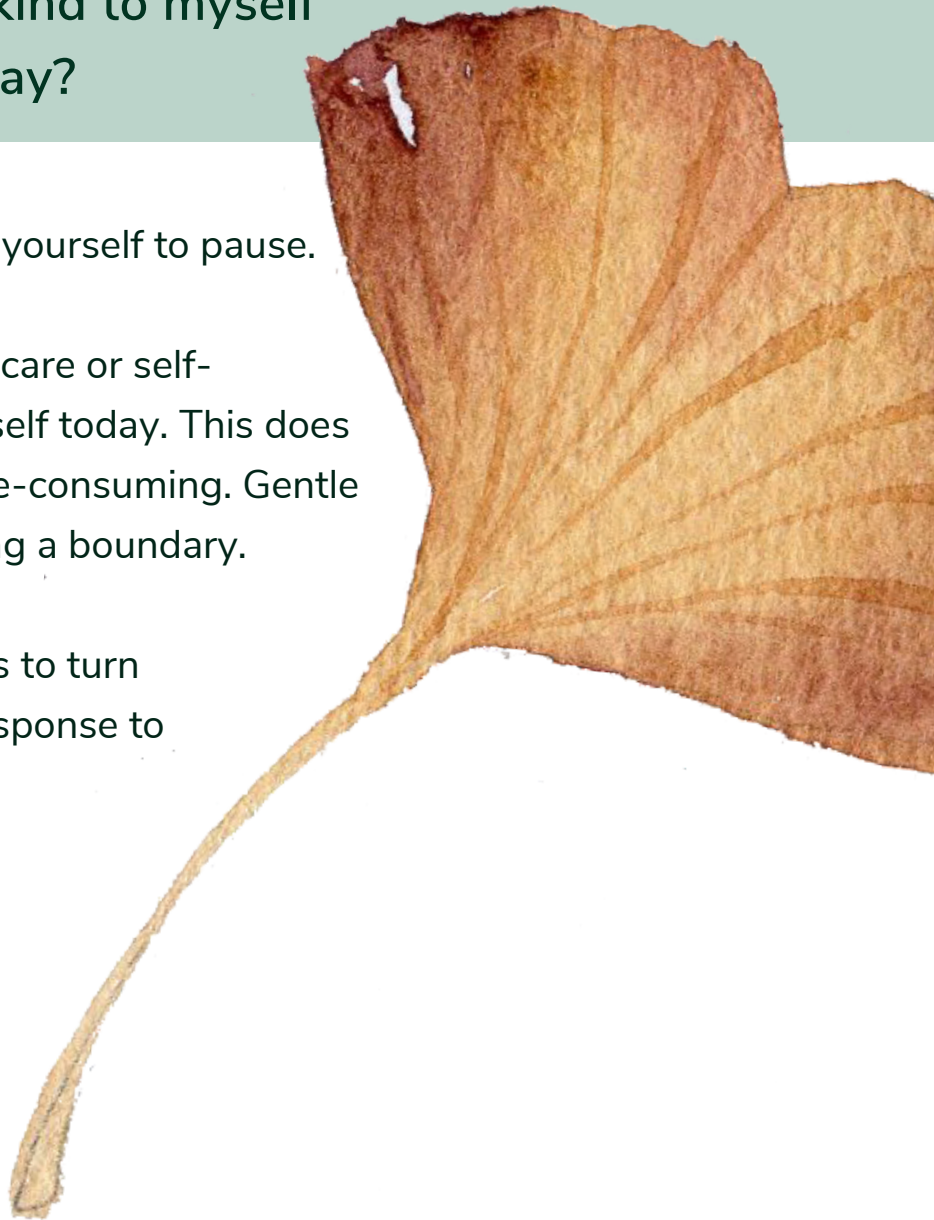
Gentle Self-Reflection

Prompt:
How can I be kind to myself
today?

Find a quiet moment and allow yourself to pause.

Reflect on one small act of self-care or self-compassion you can offer yourself today. This does not need to be elaborate or time-consuming. Gentle actions such as resting or setting a boundary.

As you write, notice how it feels to turn kindness inward. Allow your response to come from a place of honesty and care rather than obligation.



Prompt:

How can I be kind to myself today?

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How can I be kind to myself today?

The image features a solid green background. Overlaid on this background are horizontal white dotted lines. These lines are evenly spaced and extend across the entire width of the image, creating a series of rows. The dots themselves are small and closely packed, giving the appearance of a continuous dashed line.



Self Compassion Practice

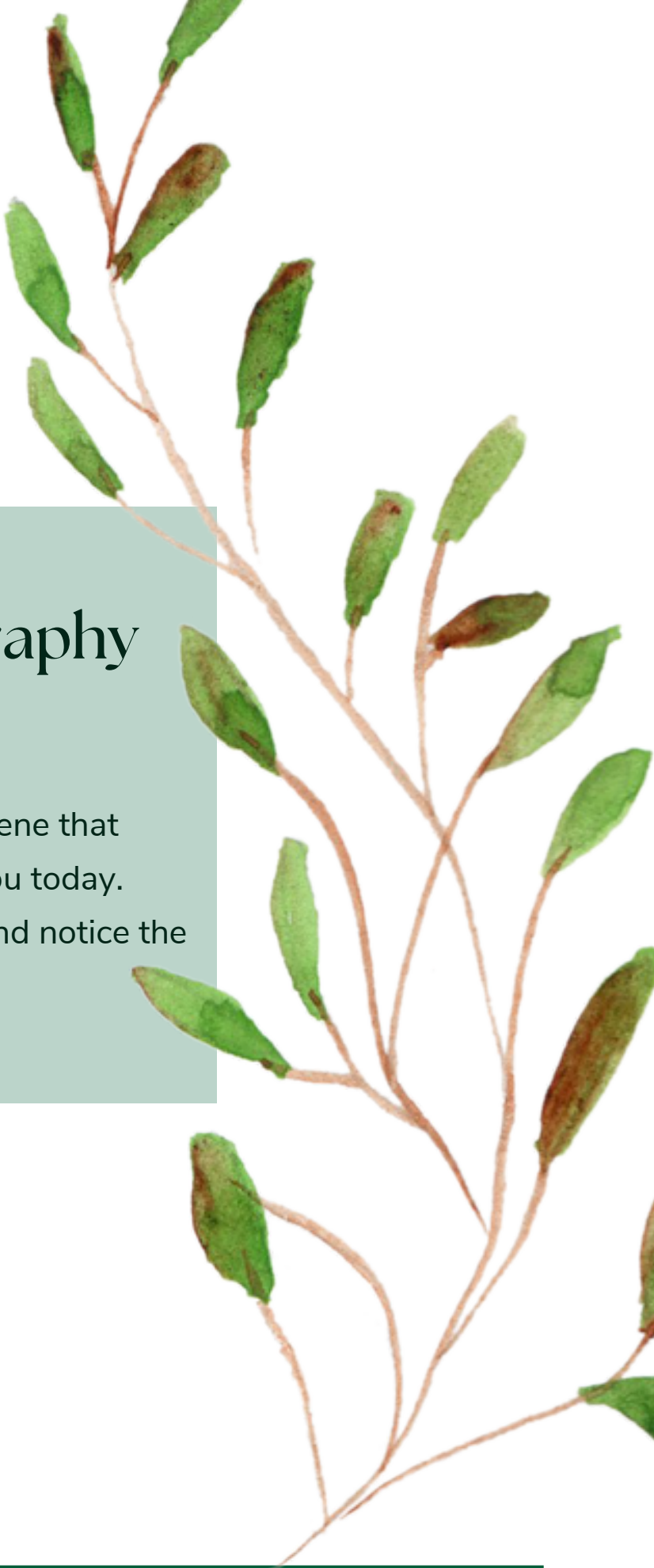
Please find a comfortable position. Take a moment to read, follow the actions and reflect on the following:

Bring your attention to your breath, slowly breathing in and out. Imagine speaking to yourself with the same kindness you would offer a close friend. Notice the tone of your inner voice becoming gentle and supportive.

Now visualise yourself taking one small, nurturing action today. Picture where you are, what you are doing, and how it feels in your body.

Breathe into the calm and warmth this image brings. Allow it to settle, reminding you that kindness toward yourself is always available.

When you are ready, and slowly open your eyes.



Mindful Photography Activity

Create a moment, object, or scene that represents self-kindness for you today. Pause as you take the photo and notice the sense of care it reflects.

Day 5

Intention

Prompt:
One small intention to carry forward
from this week



Take a moment to seek calm and permit yourself permission to pause.

Reflect on how you envision your future with purpose. Living intentionally allows you to prioritise yourself and operate in calmness on a daily basis.

When thinking about intentional living please allow your response to arise from a place of honesty and compassion, rather than thinking I have to do. There is no obligation.

What is one intention you will carry forward?

Prompt:
One small intention to carry forward from
this week

[illegible]

Setting Gentle Intention

Please find a comfortable position. Take a moment to read, follow the actions and reflect on the following:

Bring your chosen intention to mind. Visualise it clearly, as if it is already part of your daily life. Imagine yourself moving through the coming days with ease, guided by this intention.

Notice the sense of self-compassion and steadiness this creates. There is no pressure only presence and gentle direction.

Take a few slow, deep breaths. With each exhale, imagine carrying this intention forward, lightly and naturally.

When you are ready, slowly open your eyes.

Mindful Photography Assignment

Take a photo that represents your intention either capturing it in action or symbolising the focus you wish to carry forward.

Let this image serve as a quiet reminder of your gentle commitment to yourself.



You have now reached the end of the 5-Day Gentle Calm Mini Journal.

Take a moment to notice how small pauses, quiet reflection, and gentle awareness may have supported a sense of calm along the way. Even the simplest practices can create space for steadiness and ease in daily life.

If this experience felt nourishing, you are warmly welcome to explore other offerings by [Creativelyreflect](#)

Move forward at your own pace, carrying what feels helpful and leaving the rest.



You are enough to just be

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