



# Letter to myself.

Write a compassionate letter to yourself using the prompts below to guide you. This can help you process your emotions and regulate your stress.

Dear



**Start your letter by defining your stress.** Describe how it feels emotionally and in your body. Name all the ways that stress is challenging you at the moment and the knock-on effects it is having. Try to be as clear as possible in your descriptions...

**Get curious about your stress.** Think about why stress is showing up in your life right now? What is it about you that finds these particular life events or issues to be stressful - does it connect with your past in some way? Does it link in with particular fears? Is there a build up of stressors? What changes have there been in your life recently - good or bad - and how may that be impacting you? Have you been suppressing any emotions or thoughts recently?



**Validate your stress.** Make a statement that recognises your stress as a very real and difficult feature in your life right now. Compassionately acknowledge that your stress is understandable in the context of your experiences. In your own words, remind yourself that it is okay to be stressed. Express kindness toward yourself.

[Insert sign off]

