

# Put It Into Words

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## A Quiet Writing Practice for Stress

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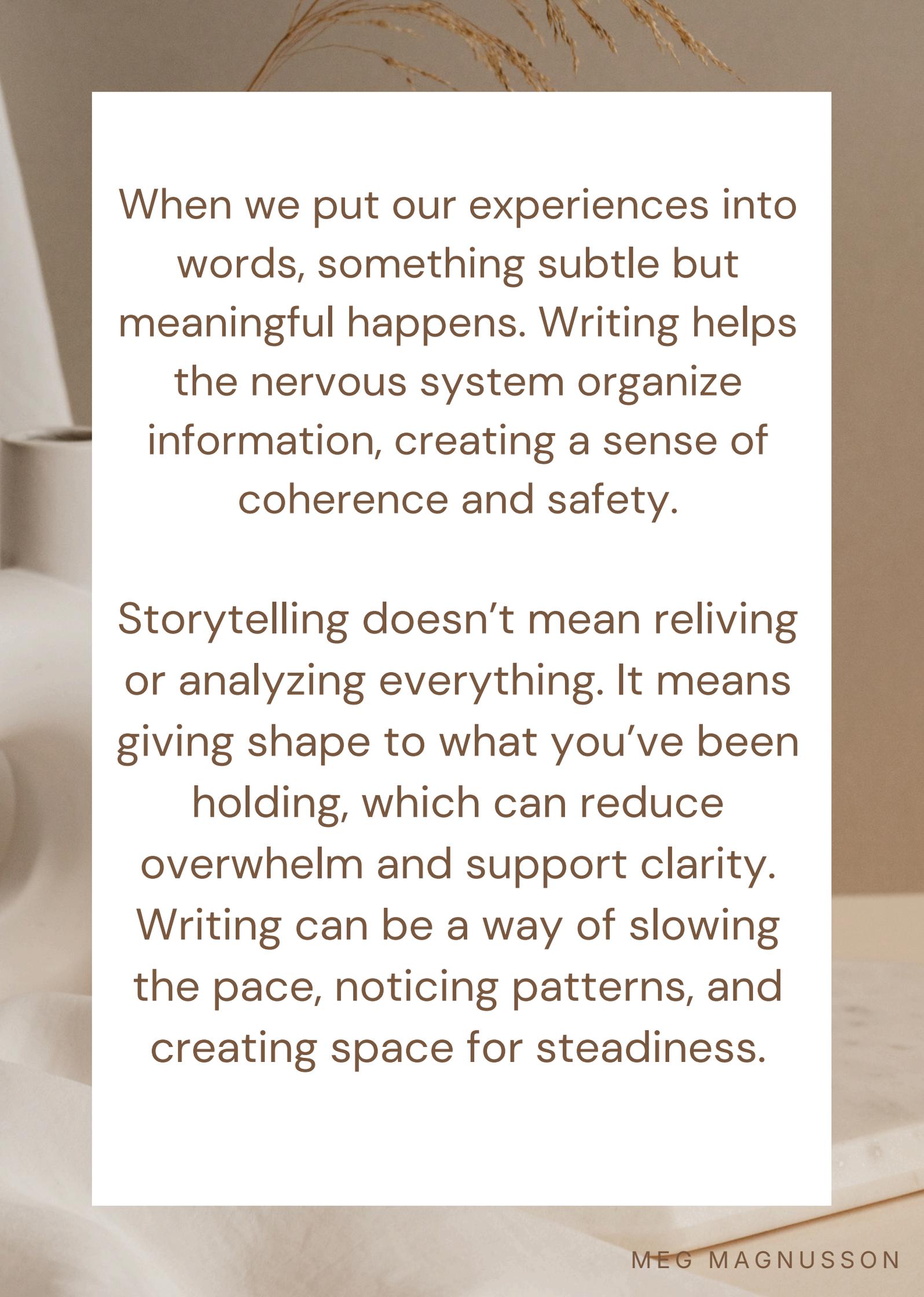


# HELLO THERE,

I've returned to journaling for many years as a way to slow down and make sense of what I'm holding. Over time, I've seen how putting experience into words can support clarity and steadiness.

This short guide offers a quiet writing practice to help you slow down, notice what you're carrying, and bring a little more clarity to your inner world.

You don't need to write well, correctly, or for any particular outcome. This is an invitation to listen, reflect, and let words help organize what may feel scattered or overwhelming.



When we put our experiences into words, something subtle but meaningful happens. Writing helps the nervous system organize information, creating a sense of coherence and safety.

Storytelling doesn't mean reliving or analyzing everything. It means giving shape to what you've been holding, which can reduce overwhelm and support clarity. Writing can be a way of slowing the pace, noticing patterns, and creating space for steadiness.

Noticing...

# What feels most present for you right now?

Without trying to fix or explain it, describe what you're noticing  
in your thoughts, body, or emotions.

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# A final note

Writing can be a quiet way of coming back to yourself. If these prompts felt helpful, you're welcome to return to them whenever you need a pause or a moment of clarity.

If at any point writing brings up more than feels manageable, it's okay to stop and seek support.

