Just as a time expression

Just is one of the commonest words in English. It has many uses.

Just as a time expression

Just can be a time expression. In this case, it is mainly used with the present perfect tense. This is common in British English.

She has just arrived.
I have just received your letter.
They have just left.
I have just finished the report.
In American English, just can also be used with a simple past tense.

She just called.
I just received a call from your Dad.
She just left.
I just finished the report.
As a time expression, just means recently.

Just can also mean immediately or in an instant. In this case, it is mainly used with a present continuous tense or 'going to'.

I am just leaving for the airport.
I am just finishing this report.
She is just getting dressed.
I am just going to have lunch.
Note the expressions just after, just before, just as and just when.

Just as I closed my eyes, I heard a loud noise.
She always comes just when I am ready to leave.
I thought about it just when she opened her mouth.
Just as an adverb. As an adverb just means 'only'.

I just asked. (= I only asked.)
She is just a child. (= She is only a child.)