

Mental Health Diary 2024

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An Easy Way to Keep Track of Your Mental Health

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Looking back at 2023

1. If I weren't afraid, I would...

2. The most important thing to me is...

3. When I'm overwhelmed, I should...

4. My favorite quote is...

5. Right now I need...

6. I'm proud at myself for...

7. I want to forgive...

8. I'm frustrated by...

9. The nicest compliment I ever received was...

10. Physically I'm feeling...

11. I secretly wish I could...

12. I feel a close connection to...

13. The craziest thing I did in 2023 was...

14. The bravest thing I did in 2023 was...

15. The kindest thing I did in 2023 was...

16. My biggest weakness in 2023 was...

17. My biggest achievement in 2023 was...

18. When I exercise, I feel...

19. When I'm angry, I...

20. Nobody knows that I...

21. I would describe myself as...

22. I'm really good at...

23. In 2024 I hope to...

24. The hardest lesson I've learned in 2023 is...

25. Something that makes me feel peaceful is...

26. I feel tense when...

27. If I knew I couldn't fail, I would...

28. I always cry when...

29. I know I can always...

Why keep a mental health diary?

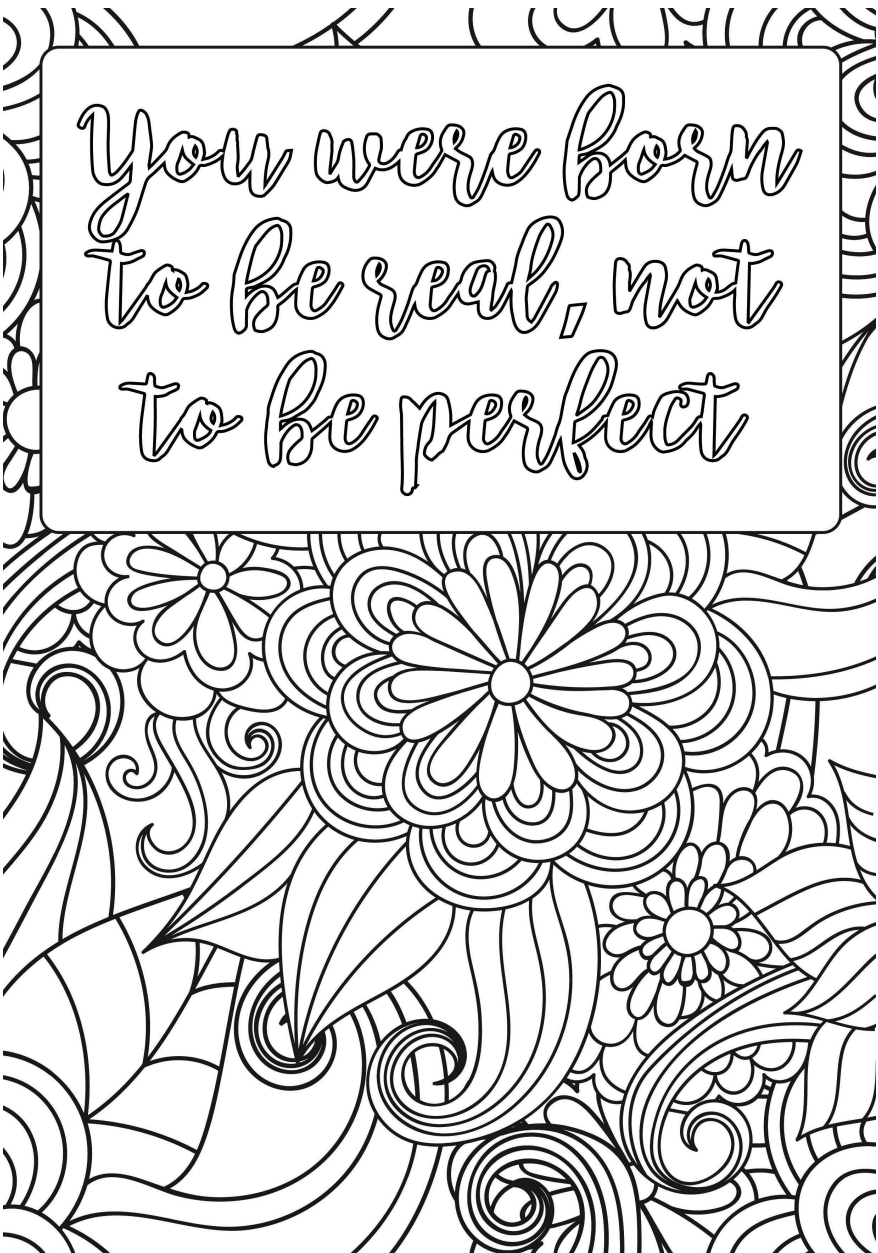
Let's start off by saying that you can easily keep track of your mental health day by day by simply writing down your thoughts and feelings to understand them more clearly.

If you struggle with stress, depression, or anxiety, keeping a journal can help you gain control of your emotions and improve your mental health.

Keeping a mental health diary, for example, can help you Manage anxiety, Reduce stress, and Cope with depression. It helps you prioritize problems, fears, and concerns, and teaches you to recognize triggers.

When you have a problem and you're stressed, keeping a journal can help you identify what's causing that stress or anxiety. Once you've identified your stressors, you can work on a plan to resolve the problems and reduce your stress.

This mental health diary will help you with it.



You were born
to be real, not
to be perfect

Date: _____

What was my mood like this morning when I woke up?

How did I sleep last night?

How is my appetite? Am I able to give my body its basic needs?

Has something been worrying me lately?

What are my areas of interest today?

What did I do today to bring myself joy?

Who did I feel was in my corner today?

How am I really feeling today?

How did I perceive life today?

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