

Good that you are here friend. This is one of the many steps in the right direction.

“ It gets easier. Every day it gets a little easier. But you gotta do it every day —that’s the hard part. But it does get easier. ”

MENTAL HEALTH JOURNAL



THIS JOURNAL BELONGS TO:

Step by step plan

1. Start each entry by recording the date and time.
2. Write about your feelings and emotions, and try to be as specific as possible.
3. Identify any triggers or events that may have contributed to your current mental state.
4. Describe any physical sensations you are experiencing, such as fatigue, tension, or pain.
5. Write down any negative or distorted thoughts that may be impacting your mood.
6. Challenge those negative thoughts by asking yourself if they are rational or evidence-based.
7. Reflect on any positive experiences or moments of gratitude you've had recently.
8. End each entry with a brief affirmation or positive message to help shift your focus towards hope and resilience.

Mental Health Journal



DATE: ___/___/___

MORNING

Sleep:

From: _____ a.m./p.m.

To: _____ a.m./p.m.

Total: _____ hours

Mood:



Notes: _____

Energy Level:



Daily Affirmation or Intention:

Mood:



Notes: _____

What Triggered Me Today:



Today's Self-Care:



Today I'm Grateful for:



Mental Health Journal



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