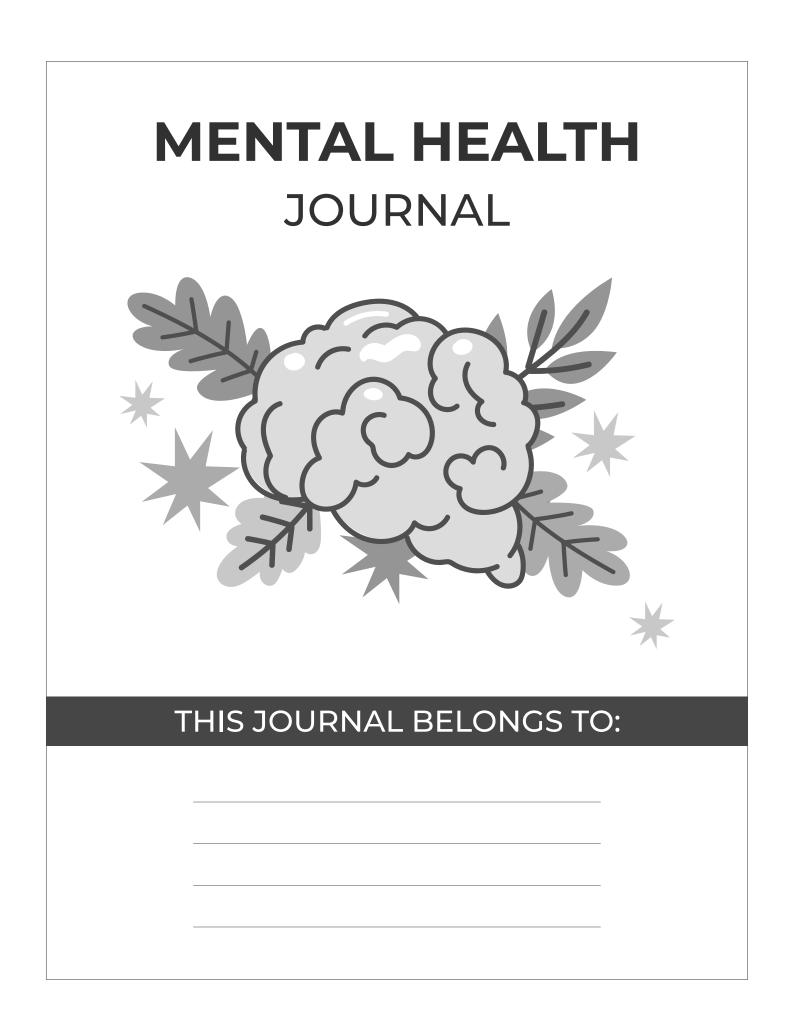
Good that you are here friend. This is one of the many steps in the right direction.

"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. "



## 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 - Č	
<b>Sleep:</b> From: a.m./p.m. To: a.m./p.m. Tatal: hours	Mood:
Mood:	
Notes:	What Triggered Me Today:
Energy Level:	Today's Self-Care:
	Today I'm Grateful for:

Mental Health Journal	
DATE: / /	
MORNING - Č	
<b>Sleep:</b> From: a.m./p.m. To: a.m./p.m. Tatal: hours	Mood:
Mood:	
Notes:	What Triggered Me Today:
Energy Level:	Today's Self-Care:
	Today I'm Grateful for:

Mental Health Journal	
DATE: / /	
MORNING - Č	
<b>Sleep:</b> From: a.m./p.m. To: a.m./p.m. Tatal: hours	Mood:
Mood:	
Notes:	What Triggered Me Today:
Energy Level:	Today's Self-Care:
	Today I'm Grateful for:

Mental Health Journal	
DATE: / /	
MORNING - Č	
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Mood:	
Notes:	What Triggered Me Today:
Energy Level:	Today's Self-Care:
	Today I'm Grateful for:

Mental Health Journal	
DATE: / /	
MORNING - Č	
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Mood:	
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Mental Health Journal	
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Mental Health Journal	
DATE: / /	
MORNING - Č	
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Mood:	
Notes:	What Triggered Me Today:
Energy Level:	Today's Self-Care:
	Today I'm Grateful for: