

Mental Health Journal

Name: _____ Entry date: _____ dd / mm / yyyy

Mood Check: Rate your overall mood on a scale of 1 to 10 (1 being the lowest and 10 being the highest). Write a few words describing how you feel.

Emotions: Identify and describe the emotions you are experiencing today. List both positive and negative emotions. You can use a word bank or write your own.

Thoughts and Reflections: Take a moment to reflect on your thoughts and write down any recurring patterns or themes you've noticed. Are there any specific thoughts or beliefs that are affecting your mental well-being?

Gratitude: Write down at least three things you are grateful for today. These can be small or big things, such as a supportive friend, a good cup of coffee, or a beautiful sunset.

Self-Care Activities: List the self-care activities you engaged in today or plan to engage in. Self-care can include activities like exercise, spending time in nature, practicing mindfulness or meditation, reading a book, taking a relaxing bath, etc.

Challenges and Coping Strategies: Identify any challenges or difficulties you faced today. Describe how you coped with them. Did you use any specific strategies or techniques to manage stress or anxiety?

Accomplishments: Write down any accomplishments or positive experiences you had today, no matter how small. It could be completing a task, overcoming a fear, or achieving a personal goal.

Social Support: Reflect on your social connections. Did you reach out to a friend or family member today? Did you receive any support or offer support to someone else? Write down any interactions or relationships that positively impacted your day.

Reflection and Learnings: Take a moment to reflect on your day as a whole. What lessons or insights did you gain? Is there anything you would like to improve or change moving forward?

Affirmations: Write down one or more positive affirmations to uplift and motivate yourself. These can be statements that reinforce self-love, confidence, or personal growth.

Additional notes