

# Journaling for Mental Wellness

## Process Emotions

Journaling doesn't have to have any kind of structure. You can just write what comes to do and pay attention to how you feel. Often, we are in such a hurry we don't stop to reflect on what we are thinking and how we are feeling. Give yourself space and permission to pause and to self-reflect. If you want help, here are some prompts to get you started:

1. Today, I am feeling... because...
2. I really wish others knew this about me...
3. What would you do if you loved yourself unconditionally? How can you act on these things?
4. What are some things that have been stressing you out or overwhelming you lately? How can you get support and/or reduce your stress?
5. What do you love about life?
6. What are you grieving amidst Covid? What is one thing you can do to bring you joy?
7. When I am in pain—physical or emotional—the kindest thing I can do for myself is...
8. Describe yourself in 10 words.
9. What can you learn from your mistakes?
10. What gives you life, gives you energy, or gives you joy? Describe it in detail.
11. Make a list of things or people that inspire you.

## Gratitude

As we practice being thankful, we work to re-train our brains to see the positive and possible outcomes in situations and circumstances. Gratitude boosts resilience, decreases anxiety and depression, improves mood and sleep. Practice by answering these prompts:

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| 1. One good thing that happened to me today... | 7. Something about today I will always want to remember... |
| 2. Something good that I saw someone do...     | 8. Today was special because...                            |
| 3. Today I had fun when...                     | 9. Something interesting that happened today...            |
| 4. Something funny that happened today...      | 10. My favorite part of today...                           |
| 5. Someone I was thankful for today...         |  |
| 6. Today I smiled when...                      |  |

## Self-Esteem

As we recognize what we did well, we boost our self-image and self-concept. Seeing the positive qualities we have and the good things we do each day, or celebrating how we handle our mistakes, increases our ability to love and appreciate ourselves. Practice by answering these prompts:

1. Something I accomplished today...
2. Today I was proud of myself because...
3. Today, I grew by...
4. Something I learned about myself today...
5. I practiced self-care and self-affirmation today by...