

This is me.

A guided journal.



Treating your mental health is no
different than getting a physical:
it's routine and it's important.
Because a sound mind and a healthy
body go hand-in-hand.

We hope this guided journal will
help you keep yourself in
check with your mental health.



Black River
HEALTHCARE CLINIC

If you or a loved one is struggling
with mental health, we're here to help.

715-284-3355



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Mood: _____

Energy Level: 1 2 3 4 5 6 7 8 9 10

Date: / /

When you are feeling down, what picks you up?

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Describe what your perfect day would look like.

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Write about something you have never told anyone about before.

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What friends are you most grateful for?
List what makes each friend so special.

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Where do you see yourself five years from now?

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This image shows a single page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines or other markings on the page.

Mood: _____

Energy Level: 1 2 3 4 5 6 7 8 9 10

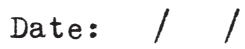
Date: / /

Describe yourself using just ten words.
Explain why you choose these words.

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You just moved into your dream home. Look out the window.
What do you see?

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Someone tells you a secret and asks you not to tell anyone.
(It's a BIG one!) Do you tell anyone? Why or why not?

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You just were told some awesome news. Who do you tell first and why?

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What are five things you are grateful for this week?

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If you were stranded on a deserted island, what is one thing and one person you would choose to have with you and why?

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How do you handle a bad day?

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If you could invent anything, what would it be?

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What is the best gift you have ever given or received?

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What is one habit of yours you would like to change?

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What excites you about the future?

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Describe your earliest memory.

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What is one thing that you would like to learn how to do?

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Write the words you need to hear right now.

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I really wish others knew this about me... What is it?

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What is your greatest weakness?
Describe a time when this weakness has held you back.

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Describe a time you treated someone poorly. Looking back, how do you feel about your actions and what would you say to the person now?

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If you could relive a past memory, what would it be?

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What is your favorite season? Why?

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If you could have a superpower, what would it be and why?

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Date: / /

The most important things in my life are... Why?

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What is your greatest strength? Describe how this strength has helped you excel in life.

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If you could be any animal, what would you be and why?

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Date: / /

Where is your favorite place in the world? Describe it.

[illegible]

Mood: _____

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Date: / /

How was your day?

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Write about your top three goals. What are you doing to achieve them?

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If you won the lottery tomorrow, what would you do with your winnings?

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What is the best compliment you've ever received?

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What is the best advice someone has ever given you?
How has this advice impacted your life?

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What does success mean to you?

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Write about five things you love about your home.

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What are the top five things in your life causing you stress?
For each stressor, write down what you can do to change it.

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How have you grown as a person this last year? What or who has influenced you the most? What have you learned?

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What is the funniest thing you saw or heard this week?

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What does growing older mean to you?

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List the things you need/want to achieve in the next month.

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What are the top five things on your bucket list?

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What brings you joy in life? Explain.

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You just spent the entire day by yourself. How you feel?

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**NEVER
GIVE
UP**

11 Ways to Relieve Stress & Anxiety

1. Go for a walk.

Take a break from everything, breathe in some fresh air, and get a little exercise while you do it.

2. Smell the roses.

Calming scents such as rose, lavender, sandalwood, and orange can help reduce stress and anxiety. The use of scents to better your mood is called aromatherapy. Light a scented candle or use some essential oils.

3. Write it down.

Keep a journal (like this one) to write down everything you are thinking and feeling. Sometimes just writing things down on paper can turn your day around.

4. Blow some bubbles.

There have been many studies that show chewing gum can help people to relax. Get some bubble gum and have a little fun while you're at it.

5. Spend time with people you love.

When you spend time with people you care about the most, your stress levels seem to melt away. Take advantage of this.

6. Laugh out loud.

Watch a funny video, read some jokes, or hang out with a friend who always makes you laugh.

7. Learn to say "no."

If you have too many things to juggle with right now, it's okay to tell other people that you simply cannot take on another task at the moment. Remember: don't bite off more than you can chew.

8. Do it now.

Avoid procrastination. Make a list of everything you would like to get done in order of importance. If you make time for each item, you'll feel less stressed and more in control.

9. Stretch it out.

Take some time to do yoga. Try doing it outside and get some fresh air while you're at it. It's amazing what a little yoga does for the body and mind.

10. Turn it up.

Listen to your favorite music. Who doesn't feel better after they sing along to their favorite song?

11. Breathe deeply.

Inhale.. 2.. 3.. Exhale.. 2.. 3.. Repeat. Deep breaths slow your heart rate and automatically calms your entire body down.

