



Your Wellbeing Activity

Start a Mental Health Journal

Sometimes it is easier to write about your thoughts and feelings. Carve out some time this week for a mental health check-in by jotting down a few notes about how you are feeling.

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Write About:

Thoughts

What recurring positive or negative thoughts are you having? How are those thoughts affecting your day-to-day life?

Feelings

What feelings have been coming up most frequently?

- Sadness
- Worry
- Happiness
- Anger
- Calm
- Gratitude
- Fear
- Frustration
- Loneliness

Symptoms

What symptoms have you been experiencing as a result of your thoughts and emotions? Are you having physical symptoms? How are those affecting your life?



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