

[Insert Name] Mindfulness Journal



When you're feeling anxious or overwhelmed, write out your emotions like a grocery list:



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What is causing you to feel this way?

Feeling sad? Write a letter to someone you wish you could talk to, but can't.

Dear _____



Use colorful markers and pens and write out all the things that make you happy...



Feeling “blah” but don’t know where to start or what to say? Start writing with the phrase “*I remember feeling...*”

SELF-CARE BINGO

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| | | | | |
|---|--|---|--|--|
|  TOOK A SHOWER | GOT DRESSED TODAY |  talked TO A friend | SAT WITH MY FEELINGS |  gave myself a compliment |
| MOVED MY BODY JOYFULLY |  ate food | LISTENED TO MY BODY |  CHALLENGED NEGATIVE THOUGHTS | HAD FUN |
|  WENT OUTSIDE | TRIED SOMETHING NEW | STAYED ALIVE | practiced being mindful |    DID A HOBBY |
| used a coping skill |    LET MYSELF CRY | took a break |  ASKED FOR HELP | GOT SHIT DONE |
|  BRUSHED MY TEETH | practiced self compassion |  DRANK WATER | TREATED MYSELF |  got 7-9 hours of sleep |

Choose 3-5 (or as many as you want) of these self-care options to do!

Bonus: On the next page, write about what you did and say how it made you feel. ☺ *Learning what makes you feel better when you're feeling down or sad is a really good way to become more self-aware. It will help you know what to do the next time you need to feel better.*

Which options from the self-care bingo option did you choose? How did these things make you feel?

1. _____

2. _____

3. _____

Next time you're feeling this way, what will you do first?

If you're feeling anxious, try questioning your thought pattern: Negative thoughts can take root in your mind and make a situation seem worse than it really is. One way is to challenge your fears, ask if they're true, and see where you can take back control.

What are you concerned or anxious about?

What do you know is true?

What is not true or proven to be true?

Can you do anything about it? If so, what can you do?

If not, what productive things can you do or what positive things can you focus on?

By focusing on what you have to be thankful for, you will automatically start to think and focus on more positive thoughts. **What are you thankful for?! Go - write down as many things as you can think of!**

Feeling anxious and can't get out of your head? Try this.

GROUNDING WITH YOUR FIVE SENSES

What are

5

THINGS YOU CAN SEE



Ideas

SUN
PICTURE ON THE WALL
PEOPLE WALKING

4

THINGS YOU CAN FEEL



WIND BLOWING
FEET ON THE FLOOR
PENCIL IN HAND

3

THINGS YOU CAN HEAR



BIRDS CHIRPING
CLOCK TICKING
CAR HORNS

2

THINGS YOU CAN SMELL



FOOD FROM THE CAFETERIA
LAUNDRY DETERGENT ON CLOTHES
FRESH CUT GRASS

1

THING YOU CAN TASTE



MINT
Breakfast
TOOTHPASTE