

Why use a journal?

A journal is a private space where you can write down your thoughts, feelings, experiences and goals. You do not have to be a great writer. There are no grades, no rules and no "right" answers. Draw, write, use colors, write down your favorite song lyrics - it's totally up to you.

Journaling can help you identify and better understand your feelings. Sometimes simply naming a feeling can make it easier to manage. Getting your thoughts out of your head and onto paper can help you feel less overwhelmed and more organized as well as help you to recognize the patterns that affects your mood, energy and stress levels. This awareness can help you make healthier choices.

Don't forget to celebrate successes.

A journal isn't just for difficult days. It can a useful tool for looking back on past challenges and can remind you of your strengths, growth and ability to overcome obstacles.

Some ideas to help get you started!

- What are three words that describe you right now?
- What mistake taught you something valuable? What did you learn?
- What do you need today? Who can you talk to for support?
- Create a playlist for your current mood and explain why you chose each song.
- What is something you learned about yourself this week?
- Make a list of activities that help you recharge.
- What is one small step you can take toward a goal today?
- What is one way you can strengthen a friendship this week?
- What is one healthy coping skill you can use today?
- Who helps you feel supported and understood?
- What does a healthy day look like for you?
- List 10 things that make you smile.



EN ESPAÑOL

