Journaling for Mental Health

Use the following journal prompts to kickstart your journaling for mental health journey and revisit them whenever you need a boost. Journaling provides a space to be fully yourself - there's no wrong way to do it. Trust in the process and let your writing flow.

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Journaling for Mental Health

Journaling is a simple yet powerful tool for mental well-being. Whether you're looking to process emotions, reduce stress, or track your progress in managing mental health, writing things down helps you slow your mind and reflect more deeply. It offers a private, safe space where you can express thoughts and feelings freely, without judgment. **Over time, journaling can enhance self-awareness, emotional regulation, and overall mental clarity.**

Benefits of Journaling

- **Emotional release:** Writing helps you process difficult emotions and release pent-up feelings.
- **Stress reduction:** Journaling provides an outlet for stress, offering mental and emotional relief.
- **Tracking progress:** Documenting your thoughts and experiences allows you to see patterns and growth over time.
- **Improved self-awareness:** Writing fosters introspection, making it easier to identify your thoughts, triggers, and coping mechanisms.

Journaling Tips

- **Set aside time:** Consistency is key. Even 5-10 minutes a day can make a difference.
- Be honest: Write freely without filtering or editing yourself.
- **Stay patient:** Results come with time. Don't rush your progress.
- **Use prompts:** On days when you feel stuck, prompts can help spark your thoughts and reflections.

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Journal Prompt

Write about your strengths and how you can use them to overcome a specific obstacle.

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Journal Prompt

Who has inspired you to be the person you want to be? What qualities do they have that you want to emulate? (This can be someone you know well or someone you've never met in person.)

Date:

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Journal Prompt

Write a letter to your past self highlighting everything they have done to help you grow. You can also write to reveal all the amazing things they will do.

Date:

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Journal Prompt

Write a letter to someone who has hurt you. Express things you couldn't say to them in person. You don't have to send it.

Date:

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Journal Prompt

Write a letter of forgiveness to someone who has hurt you, or to yourself for something you feel guilty about. (You don't have to send it)

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Journal Prompt

Record feelings of gratitude. List three things about today for which you are grateful.

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Journal Prompt

What is one thing that will make today great? (Or, what is one thing that was great about today?)

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Journaling for Mental Health

"Five Things" Journaling

Write down five things that make you feel anxious or upset

Write down five things that you can control

Write down five things you can't control & how you will accept them

Write down five actions you can take this week to create joy

Write down five things you appreciate about yourself

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Journal Prompt

Make a list of things that make you feel alive. Brainstorm ways to add them to your life.

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Journal Prompt

What will your life be like when your challenges are gone?

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Mood Tracker

Scan to learn more about emotional intelligence:

This worksheet is designed to help you monitor your moods over time, providing valuable insights into your emotional patterns. Start by writing the month at the top of each calendar. Each day, reflect on your mood and fill in the corresponding date with the color that best represents how you feel. **By tracking your emotions consistently, you can identify trends, triggers, and shifts in your mood, empowering you to better understand and manage your emotional well-being.**

Color Key:

- Joyful & happy
- Average, normal
- Sad, lonely or depressed
- Sick, tired, unmotivated
- Angry, anxious, frustrated
- Productive, energetic, alive

Month:

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	

Month:

1	2	3	4	5	6	7	8
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Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our strict editorial standards ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com

300+ Companies Reviewed

2,350+ Hours of Firsthand Experience

1,150+ Data Points Analyzed

Best Online Therapy

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

Best Online Psychiatry

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.

Best Mental Health Apps

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

Therapist Directory

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

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