

Reimagine

Mental Health

A MINI-JOURNAL



Take Action
FOR MENTAL HEALTH

**Positive mental health doesn't just happen.
It's something we have to work toward.
It's something we have to care for
within ourselves and in others.**

Think about yourself, the people you know, your community. Now reimagine what the world could look like if we all came together to support each other's mental health.

This mini-journal can help you get closer to that goal. It's got a variety of journal prompts, activities, and coloring pages centered around mental health that you can complete at your own pace and in any order.

Coloring and drawing have been proven to improve mental health — at any age — by helping to increase mindfulness and reduce stress. Expressing yourself and reflecting on your life experiences through journaling can also improve your well-being.

Plus, it's fun!

We hope you enjoy working through this mini-journal as you reimagine your mental health.

If you need some more help with improving your well-being, visit the *Take Action for Mental Health* website at **TakeAction4MH.org**. And check out even more resources in the back of this book.



What's Good?

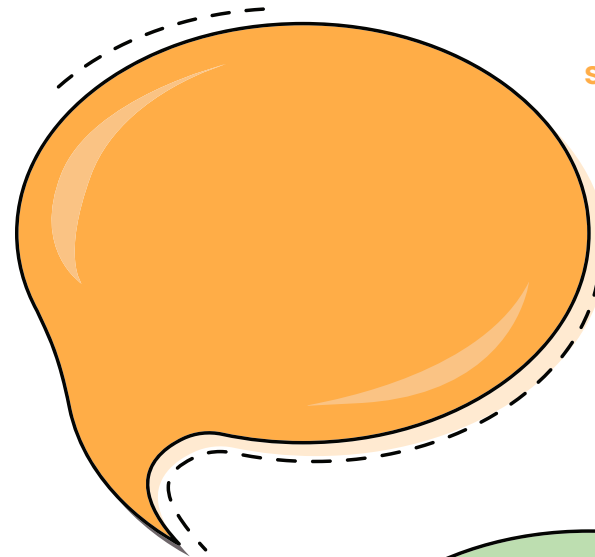
Write about 5 good things that happened today.

A series of horizontal dashed lines on a purple background, intended for writing.

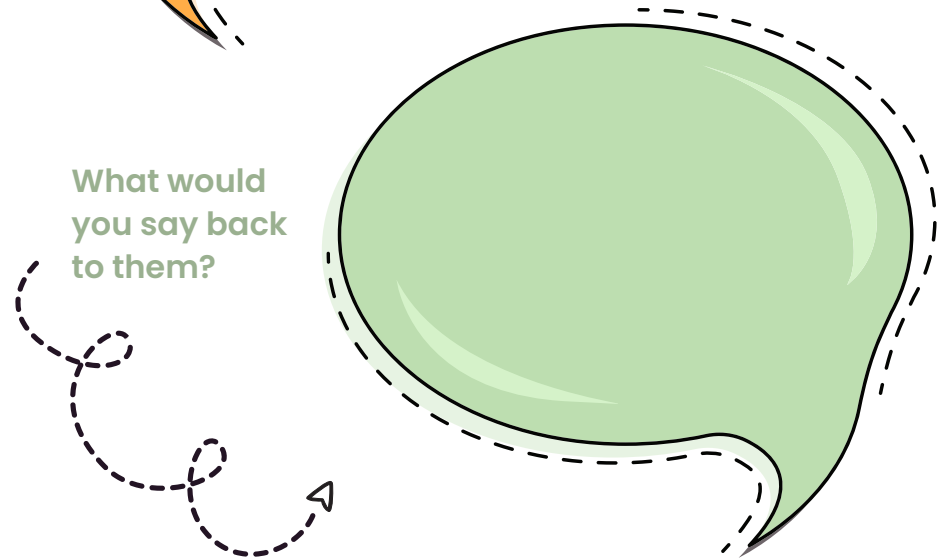
What's on My Mind?

What do you wish someone would ask you about your mental health?

Write it in this speech bubble

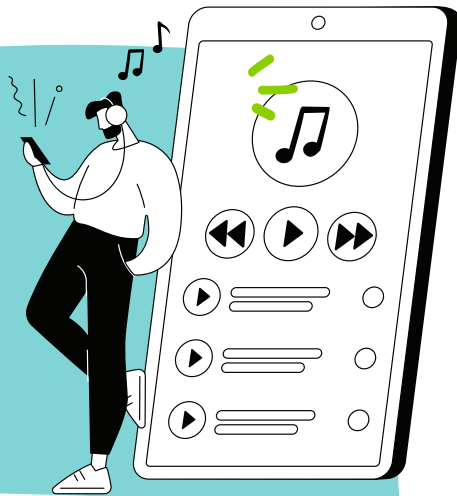


What would you say back to them?



My Mental Health Playlist

Make a playlist of your top personal theme songs:



Seven horizontal white bars on a teal background for writing song titles.

What songs do you most identify with and get energy from?



My Pick-Me-Ups

List 5 things that always make you feel better when you're feeling down:

1.

2.

3.

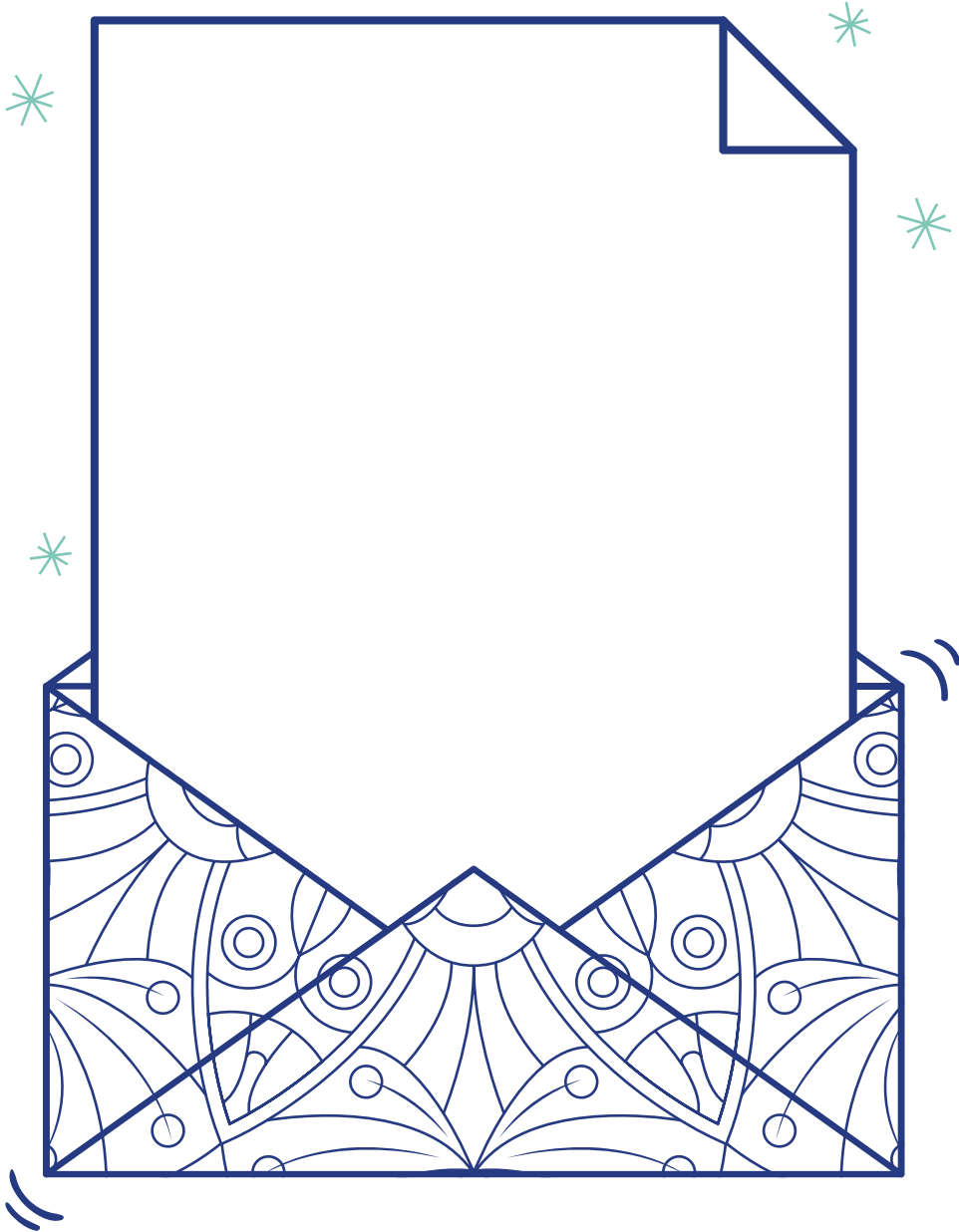
4.

5.



Dear Me...

Write a letter to your past self during a difficult time, offering words of comfort and advice.



That Time When

Describe a recent situation where you felt proud of how you managed your mental health.



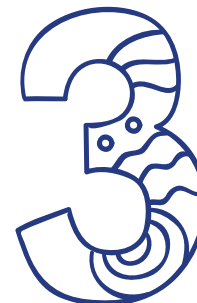
A series of horizontal dashed lines on a red background, intended for writing a response to the prompt above.

My Safe Place

Draw a picture of yourself in a place where you feel safe and at ease.

My Inner Strengths

List 3 qualities or strengths that help you successfully deal with challenges to your mental health.



Don't worry if you're not artistic — stick figures and basic shapes are fine.

All that matters is that you know what they represent!





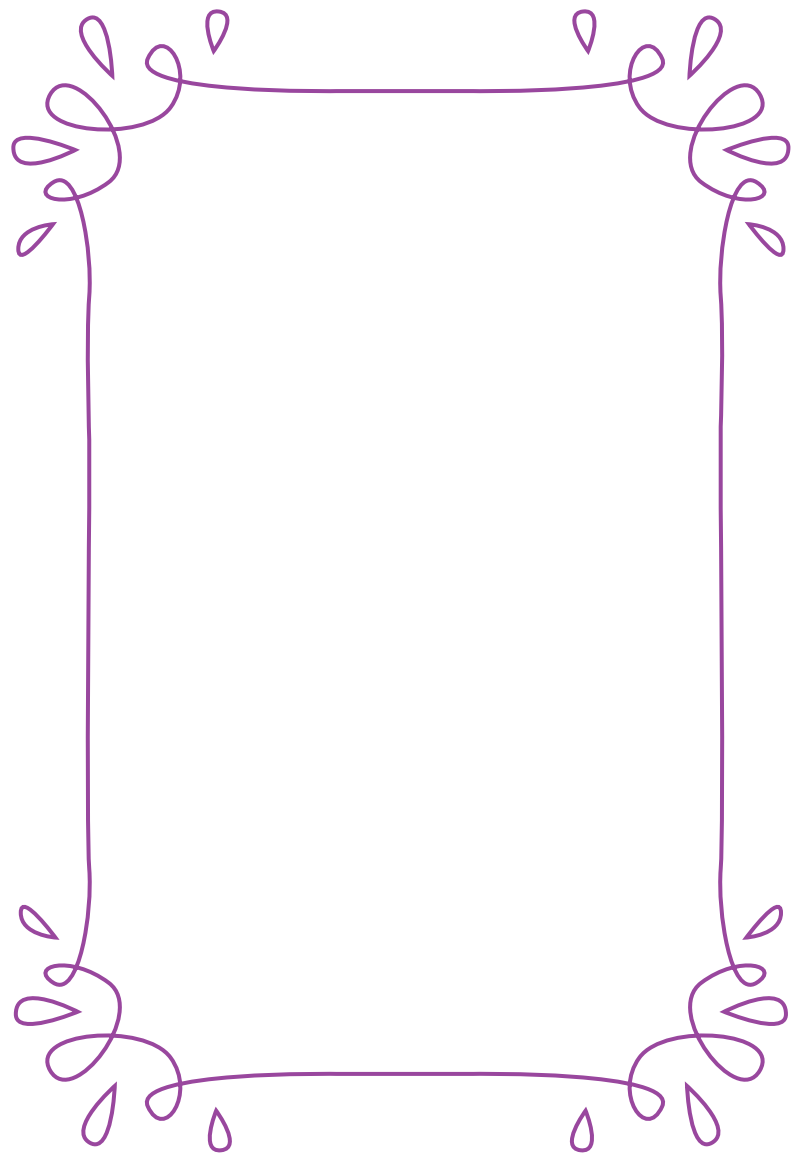
CHECK
IN

LEARN
MORE

GET
SUPPORT

My Mental Health Mantra

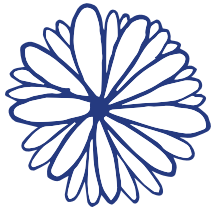
What is a mantra, affirmation, or phrase
that helps you during difficult times?



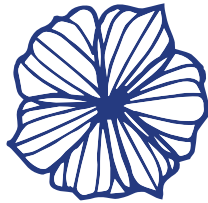
My Emotion Garden

Color in the flower that is closest to what you're feeling right now. Choose a color that expresses how this emotion feels to you.

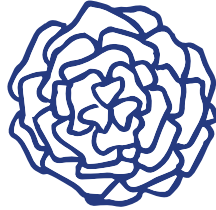
Joyful



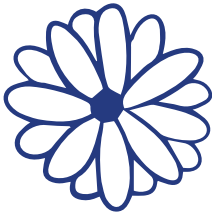
Sad



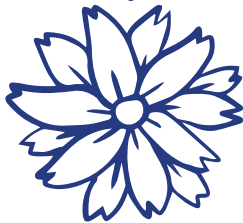
Content



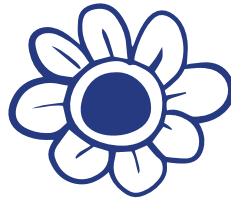
Frustrated



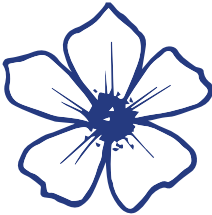
Angry



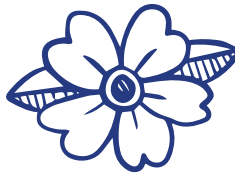
Disappointed



Scared



Loved

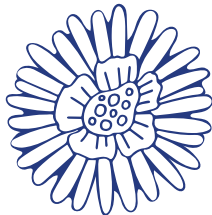


Lonely



Didn't See an Emotion That Fits?

Color in the last flower and write how you're feeling below:



My Super Supporter

Write about a friendship or relationship that positively influences your mental well-being.

What does that person do that makes a difference for you?

Is there someone who you could be that positive person for?

Tune Into your 5 Senses

Pause and write down...

5 Things You Can See



4 Things You Can Touch



3 Things You Can Hear



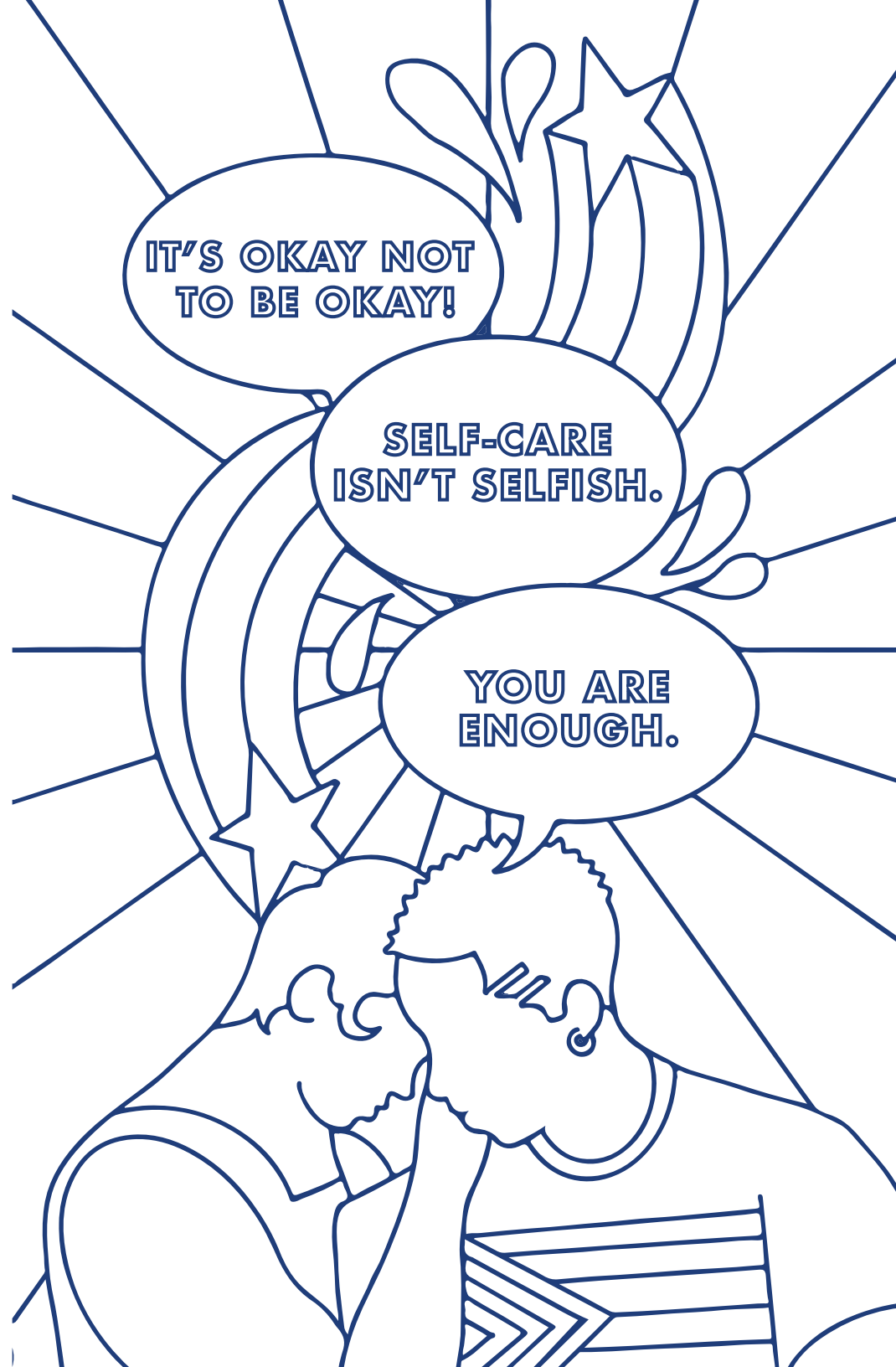
2 Things You Can Smell



1 Thing You Can Taste



Whenever you feel anxious, use this method to ground yourself and come back to the present moment.



What I Need

What do you wish other people understood about you and what you need for your mental health?
How do you feel about sharing this with them?

Gratitude Alphabet

Think of one thing for each letter of the alphabet that you are thankful for in your life – big or small.











⇒ My Self-Care Go-To's ⇒

Which of these pick-me-ups
will you choose to relax and de-stress?

- | | |
|---|--|
| <input type="checkbox"/> Get Some Sunshine | <input type="checkbox"/> Work in the Garden |
| <input type="checkbox"/> Listen to Music | <input type="checkbox"/> Listen to Nature Sounds |
| <input type="checkbox"/> Take a Power Nap | <input type="checkbox"/> Be Creative |
| <input type="checkbox"/> Meditate | <input type="checkbox"/> Go for a Long Drive |
| <input type="checkbox"/> Use a Mindfulness App | <input type="checkbox"/> Call a Friend |
| <input type="checkbox"/> Eat Some Dark Chocolate | <input type="checkbox"/> Turn Off Your Phone Alerts |
| <input type="checkbox"/> Take a Walk In Nature | <input type="checkbox"/> Play With Kids |
| <input type="checkbox"/> Write In a Journal | <input type="checkbox"/> Color in a Coloring Book |
| <input type="checkbox"/> Join a Sports League | <input type="checkbox"/> Cook Your Favorite Dish |
| <input type="checkbox"/> Play a Game | <input type="checkbox"/> Drink a Cup of Tea |
| <input type="checkbox"/> Take a Warm Bath | <input type="checkbox"/> Light a Candle |
| <input type="checkbox"/> Get Your Hair/Nails Done | <input type="checkbox"/> Use Aromatherapy Scents |
| <input type="checkbox"/> Watch a Movie | <input type="checkbox"/> Get a Massage |
| <input type="checkbox"/> Have a Dance Party | <input type="checkbox"/> Make a "Grateful For" List |
| <input type="checkbox"/> Do Some Yoga Moves | <input type="checkbox"/> Take Up an Extreme Sport |
| <input type="checkbox"/> Take a Screen Break | <input type="checkbox"/> Buy Yourself Fresh Flowers |
| <input type="checkbox"/> Plan a Vacation | <input type="checkbox"/> Order Dinner In |
| <input type="checkbox"/> Go to a Museum | <input type="checkbox"/> Watch The Sunrise or Sunset |

Taking Breaks For Self-Care Is
Necessary For Your Mental Health

Free Mental Health Resources

988 Suicide & Crisis Lifeline

Call or text 988

Chat at 988lifeline.org

The Suicide & Crisis Lifeline (988) offers 24/7 free and confidential assistance from trained counselors. Get support for yourself or learn how to help someone you're concerned about.

CalHOPE Connect

Chat at calhopeconnect.org or call (833) 317-HOPE (4673)

A 24/7 non-emergency resource for anyone in California seeking mental and emotional support from trained support professionals.

Crisis Text Line

Text HOME to 741741

Connect with a crisis counselor 24/7 to receive high-quality text-based mental health support and crisis intervention.

Teen Line

Call (800) 852-8336 (from 6 PM to 10 PM PT)

Text TEEN to 839863 (from 6 PM to 9 PM PT)

Offering anonymous support for teenagers by phone, text or email. No problem is too small, too large, or too shocking for the trained Teen Line volunteers.

The Trevor Lifeline

Call 866-488-7386

The Trevor Project is the leading national organization providing 24/7 crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer, questioning, intersex, asexual (LGBTQ+) young people ages 13-24.



[TakeAction4MH.com](https://www.TakeAction4MH.com)

