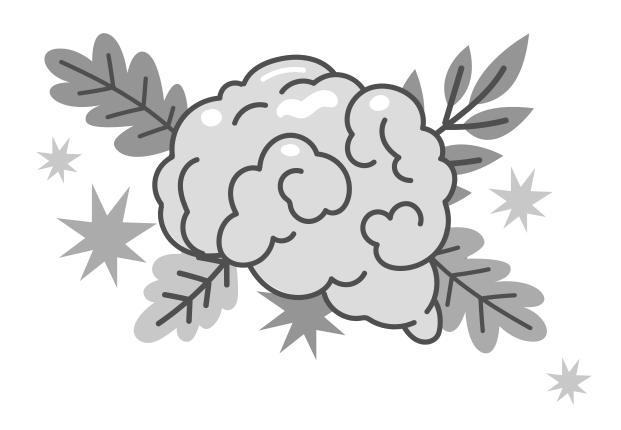
Good that you are here friend. This is one of the many steps in the right direction.

"It gets easier. Every day it gets a little easier. But you gotta do it every day —that's the hard part. But it does get easier."

MENTAL HEALTH

JOURNAL



Т	THIS JOURNAL BELONGS TO:	

Step by step plan

- 1. Start each entry by recording the date and time.
- 2. Write about your feelings and emotions, and try to be as specific as possible.
- 3. Identify any triggers or events that may have contributed to your current mental state.
- 4. Describe any physical sensations you are experiencing, such as fatigue, tension, or pain.
- 5. Write down any negative or distorted thoughts that may be impacting your mood.
- 6. Challenge those negative thoughts by asking yourself if they are rational or evidence-based.
- 7. Reflect on any positive experiences or moments of gratitude you've had recently.
- 8. End each entry with a brief affirmation or positive message to help shift your focus towards hope and resilience.

