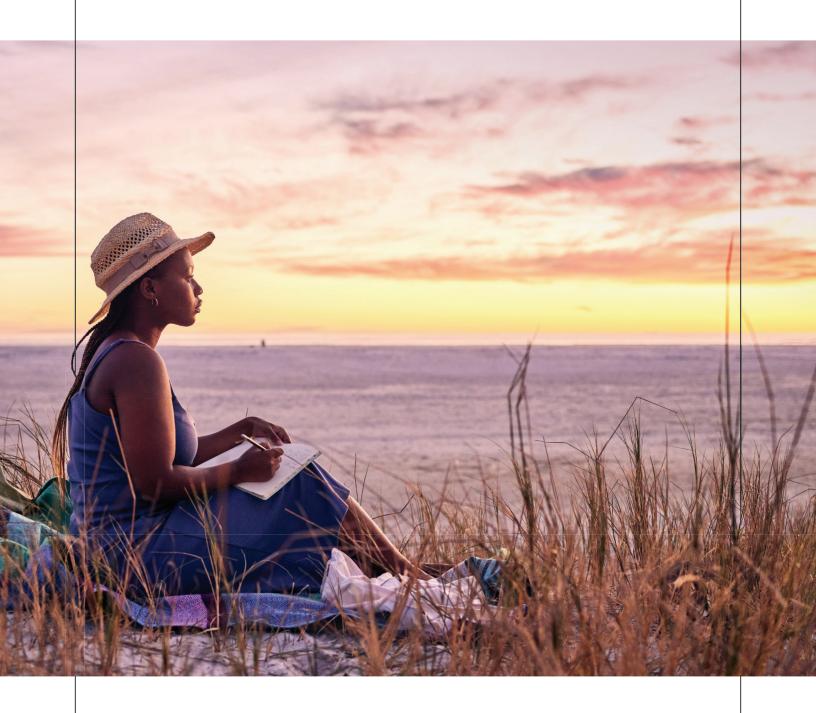
# Emotional Health Journal

Put your thoughts and feelings on paper.







Journaling can be just what your emotional health needs. It's a personal outlet for you to process what's going on in your mind and help you overcome stress, anxiety and depression. Use it during the Wellness Within Challenge and beyond to help keep your emotional well-being at its best.

#### Tips for success:

- Make it a habit Pick a convenient time and write at the same time every day. You can even schedule it into your calendar.
- **Keep it casual** Don't worry about spelling, grammar, or format. Get your thoughts out any way that works for you!
- Let it all out This is a judgment-free space for you to work on your emotional health. Write openly about your hopes, worries, and feelings.
- Do it your way You can answer the prompts below or ignore them and use the free writing space.

#### WEEK 1:

### Awareness

Wha	t things do	you valu	e in life?		
How	do you wa	nt others	to see yo	ou?	
How	do you wa	nt to see	yourself?	,	
Free	writing ar	ea:			

#### Health coach tip

Use the time you would spend scrolling to be productive. Get started by organizing your physical and mental space—it can bring peace even when the world around you is chaotic.

## WEEK 2:

# Expression

How do	oes creative expression make you feel?
Mhat f	eelings does creativity help you express?
vviiat i	eemigs does creativity help you express:
Free w	riting area:

#### Health coach tip

Try a new hobby or healthy activity that's outside of your norm. You may surprise yourself and find a new passion!

#### WEEK 3:

# Regulation

How do you handle your emotions?		
What helps you control your emotions?		
Are you getting enough sleep?		
Free writing area:		

#### Health coach tip

When regulating your emotions, consider the thoughts that are connected to each emotion. Ask yourself if those thoughts are helpful or holding you back. If they are holding you back, make a conscious choice to be more positive and productive.

### WEEK 4:

# Relaxation

What are your favorite ways to relax?				
How does relaxing help you be better?				
How can you unwind after a stressful situation?				
110w can you unwind at ter a stressful situation:				
Free writing area:				

### Health coach tip

Schedule "you time" into your calendar to help make it a habit. You can only pour your energy into others once you fill your own cup!

-Coach Eileen O.

### WEEK 5:

# Connection

Who are the people that are important to me?		
What efforts do I make to stay connected?		
What can I do to keep the connections I have?		
Free writing area:		

#### Health coach tip

Spend more time with the people who bring out the best in you. Surround yourself with honest and uplifting people who challenge you to be better.

### WEEK 6: Reflection

What hav	What have I accomplished during the challenge?		
Where di	id I struggle and why?		
How can	I keep working toward better emotional health?		
Free writ	ing area:		

Mental Health America: "How to keep a mental health journal"

Health coach tip

-Coach Kari W.

When we only focus on our stressors, they can get bigger and consume us. Instead, step back and view your stressors along with your blessings. It can help restore your balance and give you a fresh perspective.



#### Provided courtesy of



Blue Cross and Blue Shield of Kansas is an independent licensee of the Blue Cross Blue Shield Association. BLUE CROSS®, BLUE SHIELD® and the Cross and Shield Symbols are registered service marks of the Blue Cross Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans. Blue Cross and Blue Shield of Kansas serves all Kansas counties except Johnson and Wyandotte. WebMD® provides health information and services to consumers and healthcare professionals and is responsible for privacy policies governing its site. WebMD® Health Services Group, Inc., provided and is responsible for the content of this journal. WebMD® health Services are not affiliated with Blue Cross and Blue Shield of Kansas.