

Emotional Health Journal

Put your thoughts and feelings on paper.



BlueCross BlueShield
Kansas

WebMD
Health Services

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

What things do you value in life?

How do you want others to see you?

How do you want to see yourself?

Free writing area:

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.

–Coach April M.

WEEK 2:

Expression

What creative hobbies do you want to try?

How does creative expression make you feel?

What feelings does creativity help you express?

Free writing 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!

-Coach April M.

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.

-Coach April M.

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.

-Coach April M.

Reflection

What have I accomplished during the challenge?

Where did I struggle and why?

How can I keep working toward better emotional health?

Free writing area:

Health coach tip

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.

–Coach Kari W.

SOURCE

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



Doctor Verified

Melinda Ratini, DO MS | January 2023

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