



Mental Health Awareness *journal*



Welcome to your journal!

Hi there!

MY NAME IS SYDNEY GALLAGHER
AND I AM CAMERON'S LITTLE SISTER.

Cameron is eight years older than me, so while we didn't "grow up" together in the normal siblinghood sense of the words, we were still inseparable. When it came to dinner table debates, I always could count on her to be on my side. To my memory, she was about nine feet tall, always had a smile, and always had a sassy comeback. I never even knew there was ever a time that Cammy was anything but happy.

That last sentence is what stands out to me when I think of the mission of my sister's legacy. Even within our own family, her struggles were hidden. And yes, there had to be some separation because I was an eight-year-old who wouldn't understand the implications of depression and anxiety. However, I don't remember hearing anything about the words "depression," "anxiety," or "mental health" until after my sister passed away.

To be completely candid, I have been in and out of therapy since my sister's death in 2014. What started off as grief aid soon became treatment for anxiety and obsessive-compulsive tendencies. Watching people I know and love struggle with their mental health, as well as battling for my own happiness for years, is one of the most heartbreaking and exhausting experiences.

Looking back at the thirteen-year-old I used to be, who thought she didn't have any value or worth, fills me with sorrow and empathy. I was so determined to hide most of my struggles from my family, my friends, my therapist, but at the same time, I was desperate for help and attention. It took me an embarrassingly long time to come to this conclusion, asking for help is not surrender, but strength.

There are so many tools at our disposal in this day and age to help us. Mental health is the great equalizer because we all have it, just like how we all have bodies and clothes and habits. I'd really encourage you to find the tools that work for you. Exercise, music, therapy, community, reading, perhaps some medication. One of the best tools, in my opinion, is journaling. Putting words on paper can separate your thoughts from you.

Use this journal to put some distance between you and whatever you're struggling with. I promise getting better is just on the other side of asking for help.

Sydney Gallagher

IMPORTANT *definitions*

Mental Wellness

The ongoing process of caring for your emotional, psychological, and social well being.

Self Care

Intentional actions you take to support your physical, emotional, and mental health.

Mindfulness

Paying attention to the present moment with curiosity and without judgment.

Coping Skills

Healthy strategies used to manage stress, emotions, and life's challenges.

Affirmation

A positive statement that encourages confidence and self-belief.

Growth Mindset

Believing that skills and abilities can improve through effort, learning, and persistence.

Writing Prompt

Mental wellness is the practice of caring for your emotional, psychological, and social well-being. It means understanding your feelings, building healthy habits, leaning on others when you need support, and remembering that **it's okay to not be okay**. Mental wellness isn't about being perfect. It's about learning, growing, and showing yourself kindness every step of the way.

What does mental wellness mean to you?
How often do you think about your mental health?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Stress vs. Anxiety

Often goes away once the situation is over



Can continue even after the problem is gone

Helps your body prepare to meet a challenge



Can make you feel stuck or unable to move forward

You can often identify what is causing it



The cause may feel unclear or hard to explain

Usually feels manageable



May feel intense, excessive, or hard to control

May motivate you to complete a task



May make it difficult to start or finish tasks

Is a normal response to pressure



Is a normal emotion, but can become overwhelming or persistent



Everyone experiences stress and anxiety from time to time. If anxiety become intense, lasts for weeks, interferes with daily life, or feels difficult to manage on your own, it's important to **reach out to a trusted adult for support.**

healthy habits

Check the positive coping skills
you use to deal with stress.

Calm your Body

- ☐ Deep breathing
- ☐ Stretching
- ☐ Going for a walk
- ☐ Drinking water
- ☐ Getting enough sleep
- ☐ Spending time outside
- ☐ Listening to music
- ☐ Cuddling a pet
- ☐ Dancing
- ☐ Taking a warm shower
- ☐ Eating a healthy meal

Connect with Others

- ☐ Talking to a trusted adult
- ☐ Playing a game with others
- ☐ Spending time with family
- ☐ Asking for help
- ☐ Giving someone a compliment
- ☐ Joining a club or team
- ☐ Volunteering
- ☐ Calling a friend

Calm your Mind

- ☐ Journaling
- ☐ Reading
- ☐ Coloring
- ☐ Repeating positive affirmations
- ☐ Limiting social media
- ☐ Practicing gratitude
- ☐ Solving puzzles
- ☐ Learning something new
- ☐ Mindfulness

Express Yourself

- ☐ Drawing or painting
- ☐ Writing poetry or stories
- ☐ Playing an instrument
- ☐ Singing
- ☐ Taking photos
- ☐ Cooking or baking
- ☐ Crafting
- ☐ Creating a playlist

What is your favorite coping skill?



BE KIND
to your mind

Finish the Sentence

Mental health stigma is the unfair judgment or shame people experience because of their mental health. It can make someone afraid to talk about what they're feeling or ask for help. **The truth is that mental health challenges are common, treatable, and nothing to be ashamed of.** Talking openly, learning the facts, and showing kindness can help break the stigma.

Everyone deserves support because _____

I feel safe talking about my feelings when _____

I feel most supported when _____

No one should feel ashamed for _____

Everyone's mental health matters because _____

One thing that makes me feel seen is _____

Taking care of my mental health looks like _____

My inner voice would be kinder if it said _____



MENTAL HEALTH

word search



Affirmation
Balance
Compassion
Connection
Empathy

Gratitude
Growth
Hope
Kindness
Mindfulness

Reflection
Resilience
Rest
Support
Wellbeing



Recharge
YOUR MIND

Writing Prompt

Think about a time when someone showed kindness and understanding towards you when you were feeling down.

What did they do that helped? What can you learn from their example?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Remember: Asking for help isn't a sign of weakness.

Every conversation about mental health helps create a world where people feel **safer**, **supported**, and **understood**.

Writing Prompt

Think about a friend who is feeling overwhelmed, stressed, or having a hard day. Imagine they're coming to you for support.

Write a note that includes a few kind words to let them know they're not alone, something that reminds them of their strengths, and an invitation to spend time together or ask for help if they need it.

This image shows a single sheet of white paper with horizontal blue lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

BREATHE IN.
BREATHE OUT.

Reflection: Now read your note back to yourself. If you were feeling stressed, how would it feel to hear those words? Is there anything in your message that you need to hear today too?

Positive Affirmations

**Think of all the positive ways
you can describe yourself.
Write them in the box below.**

Examples: funny, honest, music lover, athlete, friend, kind, etc.

I am...



SELF CARE *recommendations*

Get Enough Sleep

Aim for 8-10 hours of sleep each night.

Move Your Body

20-30 mins of movement can boost your mental health.

Take Breaks from Screens

Social media and notifications can be overwhelming.

Practice Positive Self-Talk

Treat yourself with the same kindness you would offer a friend.

Reach Out When You Need Support

Asking for help is a sign of strength.



Climb your Mountain

Write a self care goal at the peak. List the challenges you might face to reach your goal below and how you can overcome them on either side.

		Goal	
Strategy		Strategy	
Challenges			

How would you cope?

Example 1

You have a big test coming up and notice that you're having trouble focusing in class and sleeping.

Example 2

You find out your friends are all talking in a group chat without you. They say they didn't mean to leave you out but you feel bad.

Example 3

You have to share a room with your sibling. They don't always respect your space and you start to feel overwhelmed.

Example 4

Create your own scenario.



Pick an example scenario. How would you respond using positive coping skills?

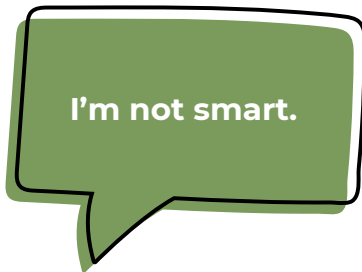
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Flip Your Thinking

Complete the speech bubbles by reframing negative thoughts.

Instead of...

Say...



ERASE THE STIGMA

Matching Activity

Draw arrows to match the mental health myth
with the mental health fact.

myth

fact

A. Most of the time when people have negative feelings, they're being dramatic.

B. Taking time for yourself is selfish.

C. If you're feeling bad, you just need to ignore it and get over it.

D. Having a counselor or therapist means something is wrong with you.

1. Taking time for yourself is important! When we take care of ourselves we become kinder to ourselves and others.

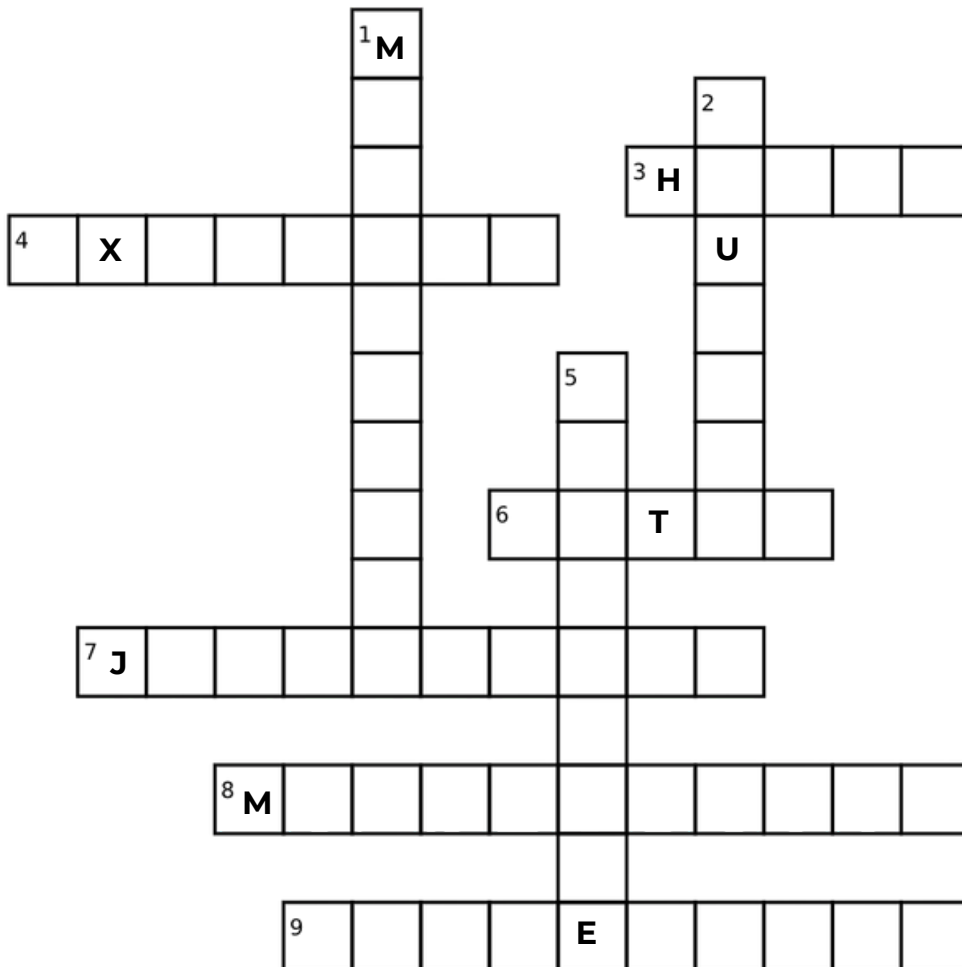
2. It's okay to feel negative emotions. Ignoring our emotions won't make them go away. Reflect on what is causing this feeling.

3. Talking to a counselor or trusted adult is healthy for everyone.

4. There are no bad feelings. It's important to recognize how we are feeling so that we can process our emotions and move toward a solution.

POSITIVE COPING SKILLS

Crossword Puzzle



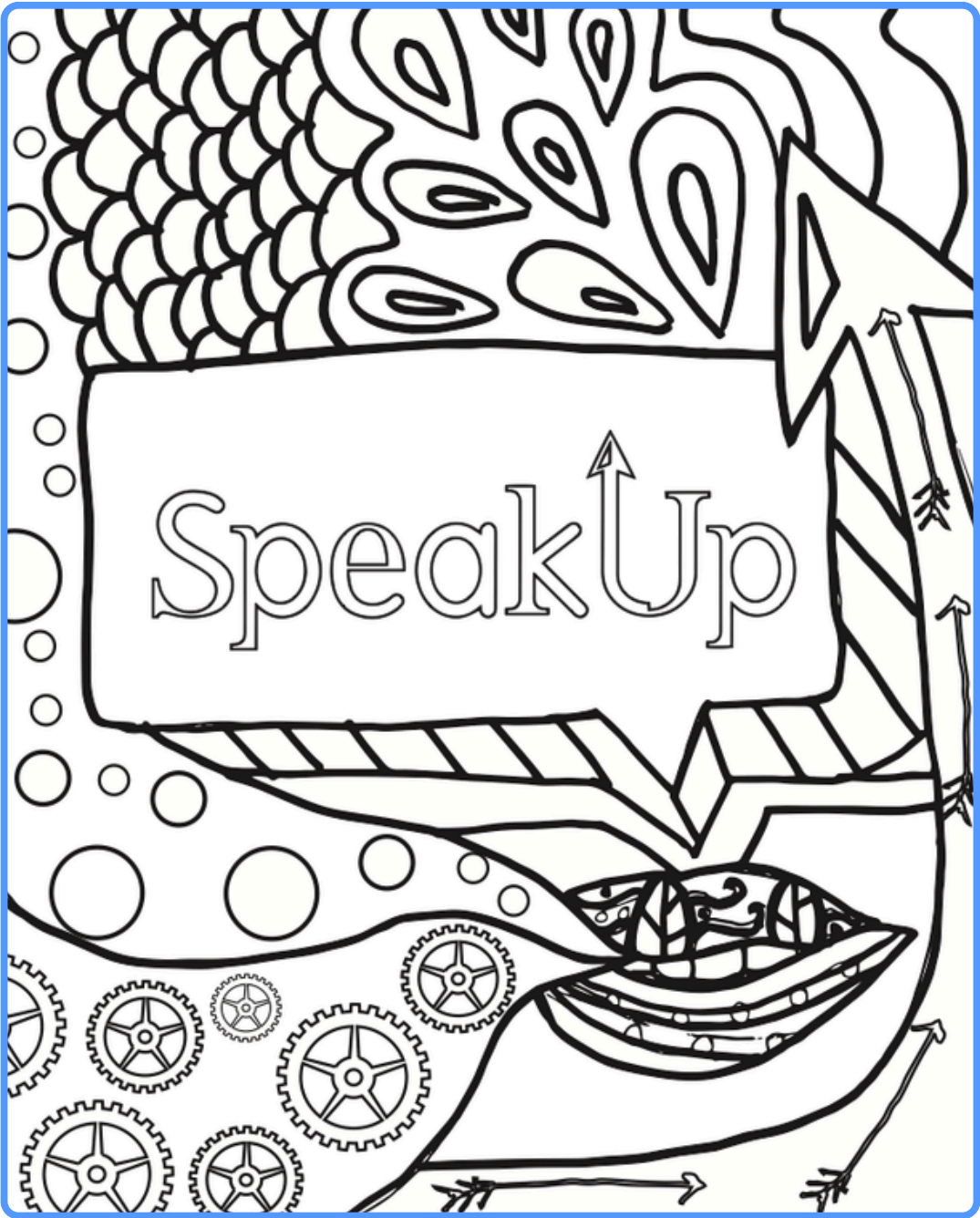
Across:

- Down:**
1. quieting your mind by focusing your attention or breathing
 2. following a daily schedule to provide structure and reduce stress
 3. something you enjoy, such as music, playing a sport, or crafting
 4. moving your body to improve your mood, reduce stress, and boost energy
 5. focusing on the people, experiences, or things you appreciate
 6. staying hydrated to help your body and brain function at their best
 7. writing down your thoughts and feelings to better understand them
 8. observing your thoughts and feelings without judgment
 9. looking back on your experiences to learn, grow, and understand your emotions

Note: The answers are on the next page.

Coloring Page

Artwork by Cameron Gallagher



Crossword Puzzle Answer Key

1. Meditation
2. Routine
3. Hobby
4. Exercise
5. Gratitude
6. Water
7. Journaling
8. Mindfulness
9. Reflection

Power playlist

Positive Vibes

When I need a boost of happiness...

- Song 1: _____
- Song 2: _____
- Song 3: _____

Calm and Relax

When I need to calm down or de-stress...

- Song 1: _____
- Song 2: _____
- Song 3: _____

Energize

When I need to feel strong and motivated...

- Song 1: _____
- Song 2: _____
- Song 3: _____

Reflect and Comfort

When I need to process my thoughts or feelings...

- Song 1: _____
- Song 2: _____
- Song 3: _____

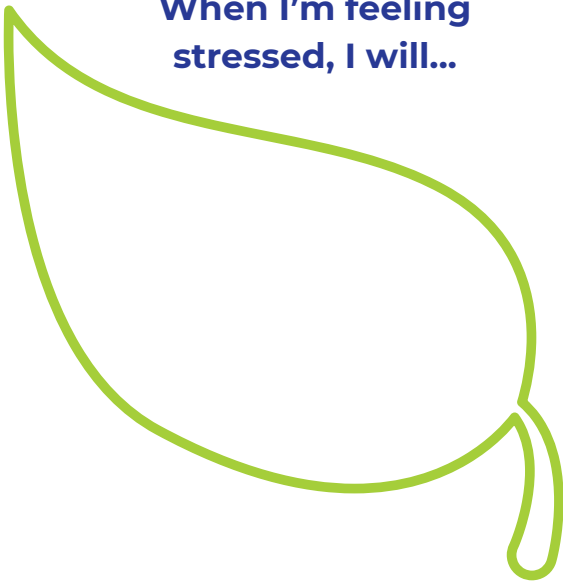
Why do you think these songs help you cope?



My Coping Plan

Fill in each leaf with a coping strategy.

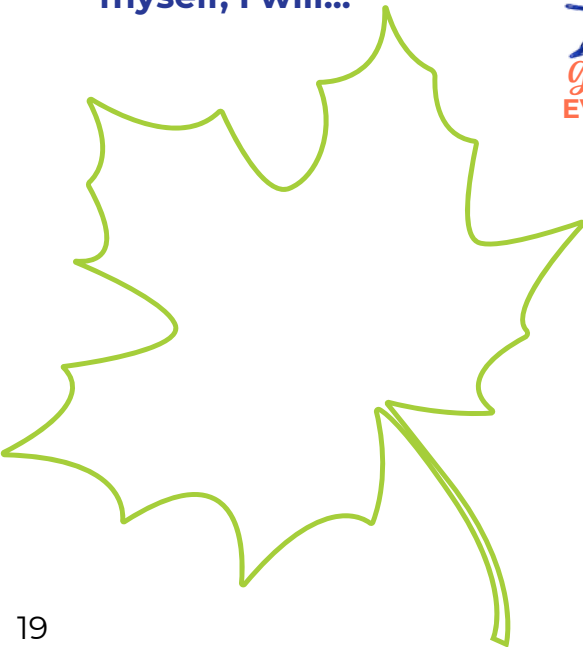
When I'm feeling
stressed, I will...



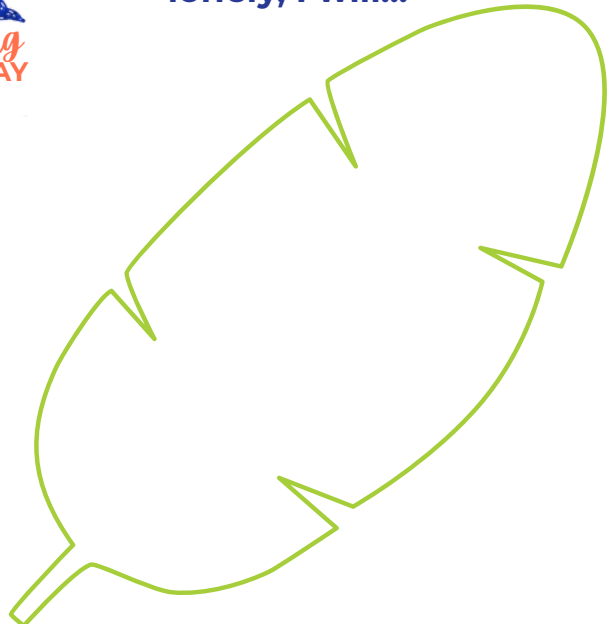
When I need to
reset, I will...



When I start to doubt
myself, I will...



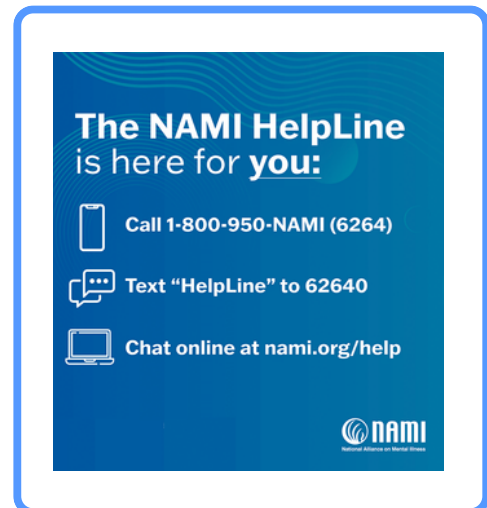
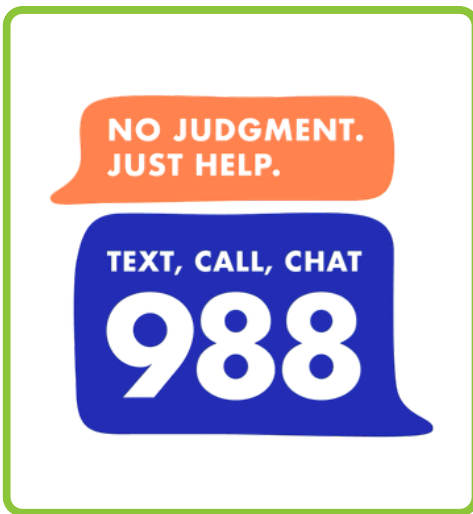
When I'm feeling
lonely, I will...





Resource List

Use the resources below if you or a friend ever need some help!



www.ckgfoundation.org

Get to Know CKG!

Our mission is to fulfill Cameron's dream and legacy by being a positive force that works to cultivate awareness and understanding of teenage depression and anxiety.

We provide education to equip teens through:

- Digital Toolkits
- Journals
- Podcast
- Peer-led SpeakUp clubs

We raise awareness of teen mental health through:

- SpeakUp5k
- Karting for CKG
- Community events

We start conversations to:

- Reduce stigma
- Foster open, honest dialogue
- Offer preventative care

Check out our digital toolkits!



Listen to our podcast!

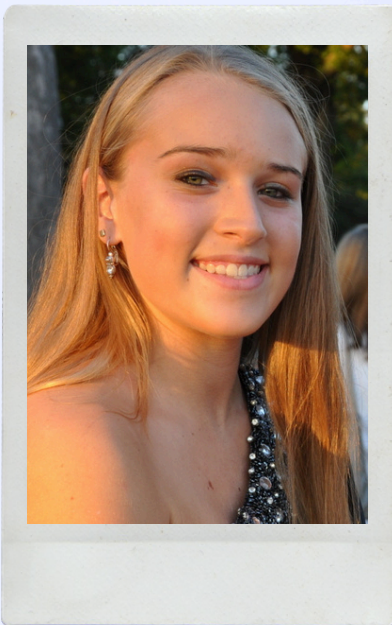


Follow us on Instagram!



Speak[↑]Up

for teen mental health



SpeakUp for those
who are
struggling.
It can go a
long way.

-Cameron Gallagher

This journal is designed for informational purposes only and is not intended to diagnose, treat, or provide medical advice. It should not be used as a substitute for professional healthcare or guidance. Always consult with a qualified healthcare provider for any concerns related to your health or well-being.



**YOU ARE
NOT ALONE.**

**YOU ARE
WORTH
IT ALL.**

—CAMERON GALLAGHER

SpeakUp
for teen mental health