



STRESS AWARENESS *journal*





Speak[↑]Up

for teen mental health



No matter how we feel, it is the love and support of those we surround ourselves with that gets us through the days.



-Cameron Gallagher

We invite you to use this journal as one of the tools in your personal mental wellness toolbox to reflect on your own stress awareness.

Journaling can be an outlet for creativity and self-reflection, a process for setting goals, and a means of relieving stress.

There is no right or wrong way to journal.

**YOU HAVE EVERYTHING YOU NEED
INSIDE YOU TO GET STARTED.**



Note: 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.

Welcome to Your Journal!

I know what it's like to play Scrabble with your own thoughts. Nights spent grappling with the anxious spirals, hyperfixating on things beyond my control, or dreading the days to come, endlessly rearranging my thoughts in search of an answer, convinced that if I just thought long enough, the feelings would disappear.

For a long time, I thought I had to figure it out on my own. Discomfort became my new norm, and I convinced myself that overthinking was the same as understanding, and that if I just stayed quiet, the feelings would eventually pass. It wasn't until I finally spoke up about how I was feeling that I realized discomfort is actually a good thing, and without it, growth is impossible.

The simple act of voicing the journey that consumed my everyday thoughts slowly became my escape. Escape from isolation and escape from the stereotypes that surround mental health. I quickly learned that the **conversations we are most afraid to have are often the ones that remind us we are not alone**. Talking openly about the stress, whether that be on paper, to a friend, or even to yourself in the mirror, is often the first step to understanding the emotions we carry within.

These pages are more than just a place to write; they're a safe place to untangle your thoughts, rant about the hard days at school, and find comfort in knowing that the feelings we carry are not something to hide, but something we can, and should, share.



Cooper Conrad

Former SpeakUp Club Student
Atlee High School '25

WHAT IS STRESS?

Stress is your body's natural response to challenges, changes, or demands. It's your brain's way of saying, "Pay attention! Something important is happening."

Everyone experiences stress. It might show up before a big test, during a sports game, when you're learning something new, or after a disagreement with a friend. Even exciting events like starting a new school year, performing on stage, or going on a trip can be stressful.

A little stress isn't always a bad thing. In fact, it can help you stay focused, solve problems, and perform your best. But when stress lasts for a long time or feels too overwhelming, it can begin to affect your mental and physical health.

Stress can look different for everyone. You might notice:

- Racing thoughts
- Trouble sleeping
- Feeling irritable or overwhelmed
- Headaches or stomachaches
- Difficulty concentrating
- Feeling tired, even after resting

The good news? Stress is something you can learn to manage. **Paying attention to how you're feeling, asking for help when you need it, and practicing positive coping skills can make a big difference.**

Learn how to practice mindfulness in this journal by **writing, creating, deep breathing, visualization, limiting technology, and prioritizing sleep.** Let's get started!



LET'S WRITE ABOUT IT.

When was the last time you felt overwhelmed?

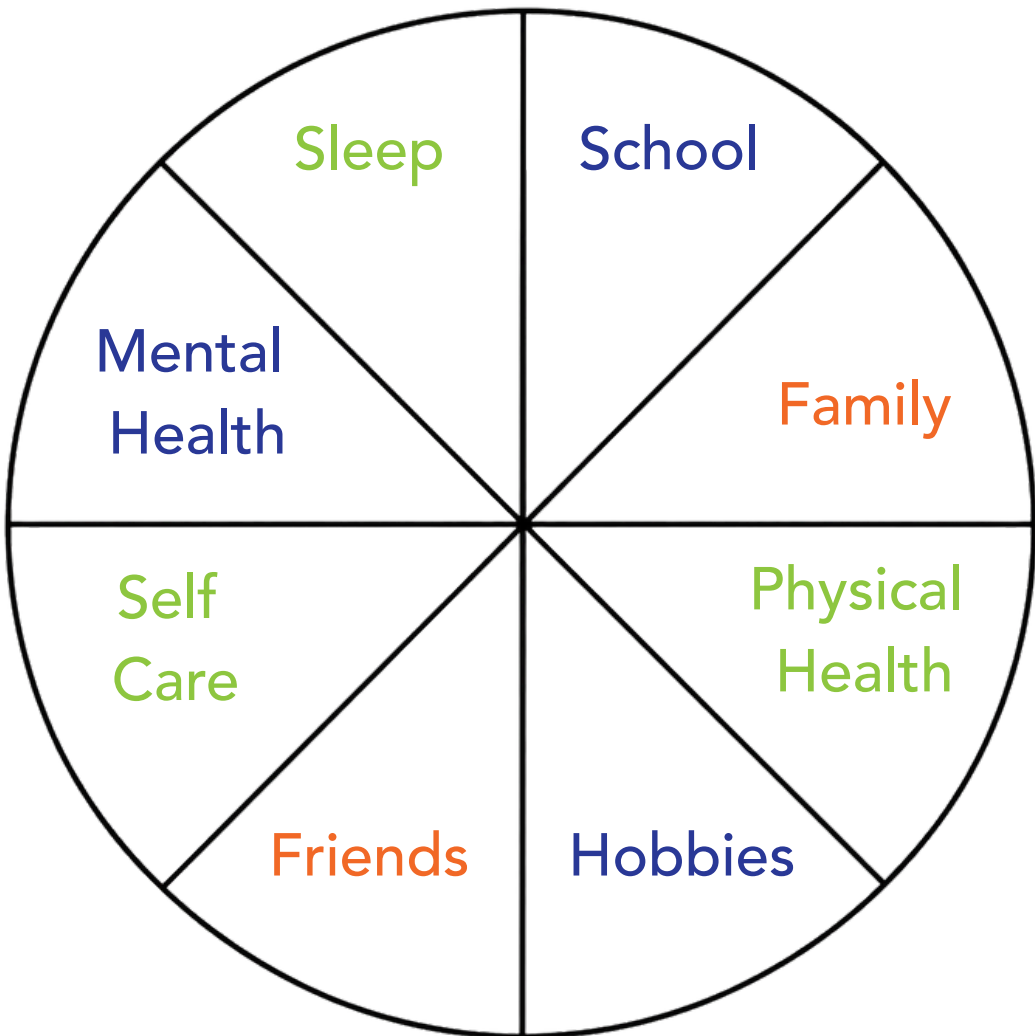
What situations tend to make you anxious or nervous?

When was the last time you felt overwhelmed?

What situations tend to make you anxious or nervous?

STRESS CHECK-IN WHEEL

Rate each area from 1-10.
(1 not stressed to 10 super stressed.)



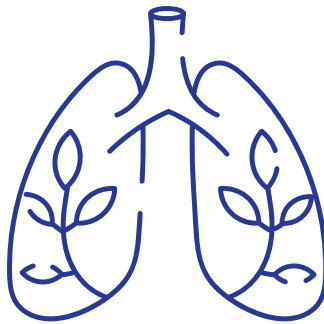
What is one area you can focus on improving this week?



FOCUS ON YOUR BREATH

Being present in the moment is a powerful tool for reducing stress.

One of the easiest ways to bring your attention to the present moment is to focus on your breath.



LET'S TRY IT.

Take one deep breath in for three counts, hold it, and release it for three counts.

Where in your body do you hold stress?

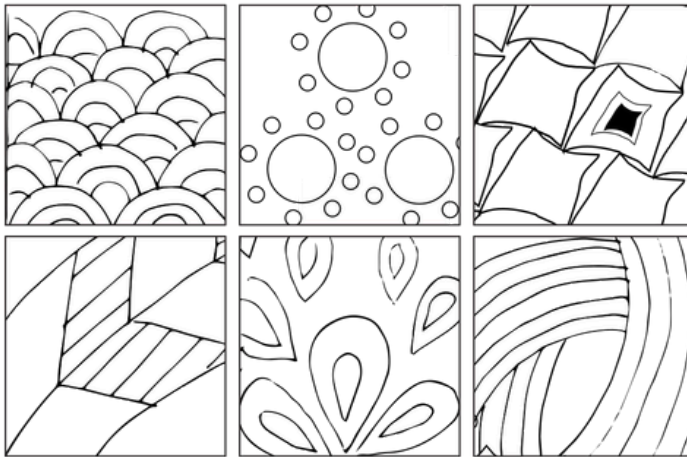
Take another deep breath for a count of three, hold it, and as you release for a count of three, focus on relaxing the part of your body where you hold stress.

CREATE

ZENTANGLE-INSPIRED ART

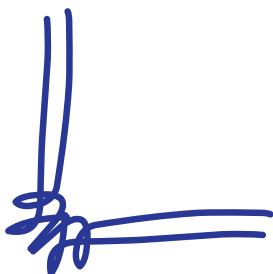
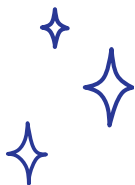
A form of meditative doodling using patterns weaved together. Start with a pattern and add some more.
See what you can create.

Here are some patterns to get you started,
or create your own.



It is not about the final product, but how you get there. Let your mind wander.

DOODLE PAGE!



LET'S WRITE ABOUT IT.

What are you avoiding because it feels difficult?

What would you tell a friend feeling this way?

What are you avoiding because it feels difficult?

What would you tell a friend feeling this way?

FOCUS ON GRATITUDE

Research suggests that gratitude boosts our health and spreads happiness. Think of at least one thing you are grateful for everyday this week. Write it here or consider texting your gratitude to a friend or family member. Invite them to do the same. Sending and receiving a gratitude text is a beautiful way to start the day.

I AM GRATEFUL FOR...

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Sunday _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Sunday _____

STRESS AWARENESS WORD SEARCH

E	E	E	P	C	P	E	C	N	A	L	A	B	P
I	O	F	E	S	S	S	E	R	T	S	I	C	O
U	M	I	S	S	B	C	I	S	U	M	S	A	S
T	B	S	B	R	I	S	O	E	Y	R	C	B	I
I	I	S	B	E	S	S	I	R	E	B	Y	M	T
S	U	E	R	S	T	C	R	U	S	A	E	S	I
M	Y	N	E	P	R	C	I	T	N	L	T	E	V
E	B	L	A	O	A	A	B	A	S	N	N	M	E
S	B	U	T	N	S	V	C	N	S	R	D	I	E
S	O	F	H	S	E	T	Y	A	R	F	C	L	P
T	H	D	E	E	B	F	R	I	E	N	D	S	S
Y	S	N	X	F	E	X	E	R	C	I	S	E	A
N	Y	I	R	S	H	B	T	U	S	L	E	E	P
F	A	M	S	U	E	U	P	E	E	S	A	T	S

STRESS

POSITIVE

BALANCE

BREATHE

NATURE

MUSIC

MINDFULNESS

EXERCISE

FRIENDS

RESPONSE

SLEEP

HOBBY

LET'S WRITE ABOUT IT.

What is your favorite way to recharge?

What healthy coping skills have worked for you before?

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What healthy coping skills have worked for you before?

VISUALIZATION

What is an upcoming event you are feeling worried about?

For example, a test, game, recital, conversation with a friend or parent, presentation, etc...



LET'S TRY IT.

Sit or lay down in a comfortable position.

Take a few deep, slow breaths, and picture the location of this event.

What does it smell like, sound like?

Feel the calm that comes with trusting that you have put in the work and prepared for this event.

Smile with gratitude that you are able to move your body and use your voice.

Breathe deeply into the softness of gratitude that you can do hard things.

Picture what success for you at this event looks like and feels like.

Take five more deep breaths.

Slowly open your eyes.



Scan the QR codes to listen to a visualization exercise.



IDENTIFY YOUR SUPPORT SYSTEM

Who are the people you can turn to for support?

Who makes you feel safe and accepted?

① _____

② _____

③ _____

④ _____

⑤ _____

⑥ _____

⑦ _____



TECHNOLOGY USE

We can't completely unplug.
You use a computer at school as well as for homework.
We can, however, use technology mindfully.

Pay attention this week to how often you are using technology as a distraction to numb an uncomfortable emotion, such as loneliness or frustration.

TRACK YOUR TECHNOLOGY DISTRACTIONS BELOW.

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Sunday _____

Monday _____

Tuesday _____

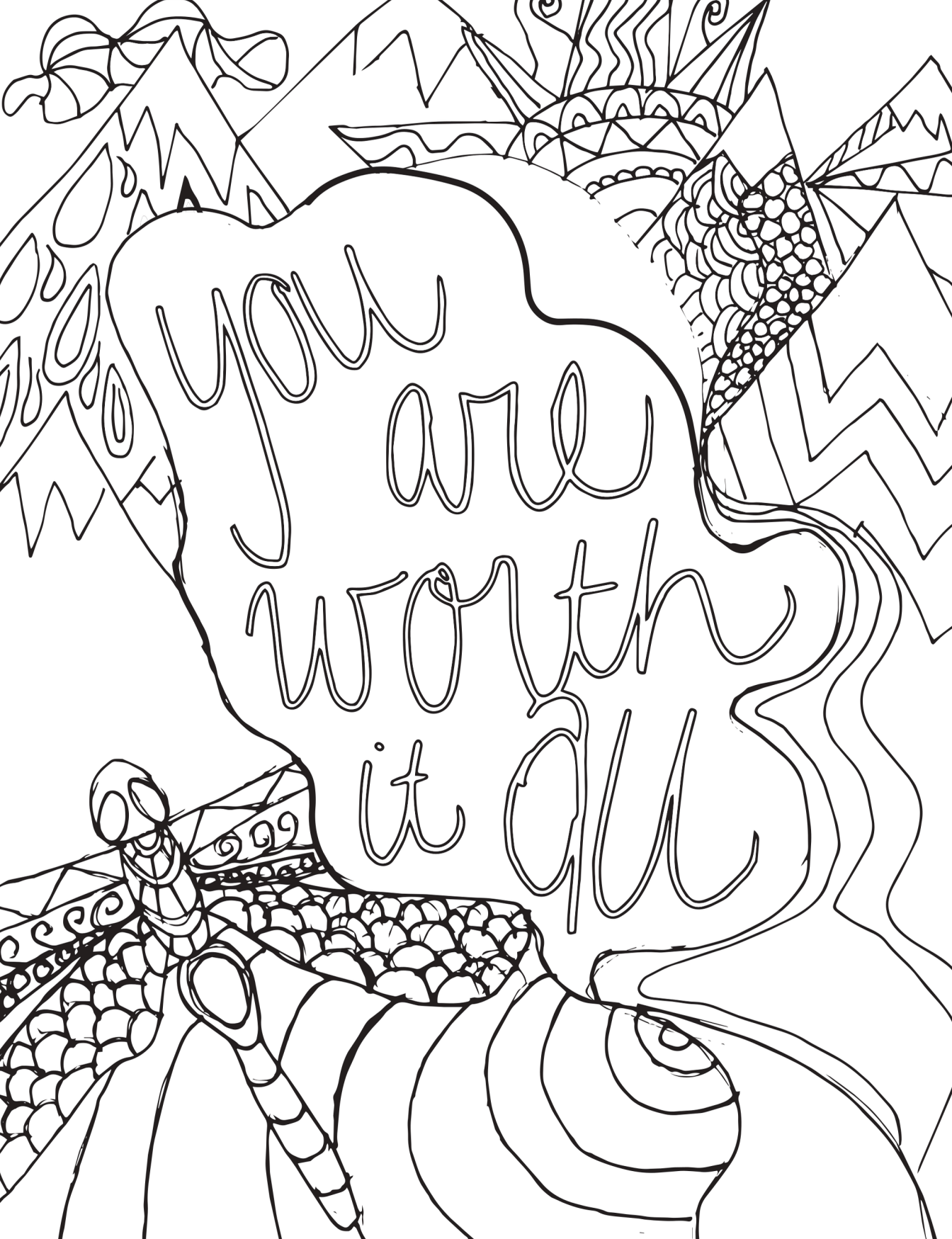
Wednesday _____

Thursday _____

Friday _____

Saturday _____

Sunday _____



LET'S WRITE ABOUT IT.

What would a less stressful life look like for you?

What is one positive coping skill you'd like to develop?

What would a less stressful life look like for you?

What is one positive coping skill you'd like to develop?

SLEEP

If you find it hard to make your mind settle down as you are trying to sleep, or if you wake in the middle of the night and your mind is racing, bring your attention to your breath.

Get as comfortable as you can in your bed. Take note of your breath. Then begin slowly breathing through your nose: breathe in for 3 counts, out for 3 counts until you fall asleep. If your mind goes back to our thoughts, bring your attention back to your breath and counting.

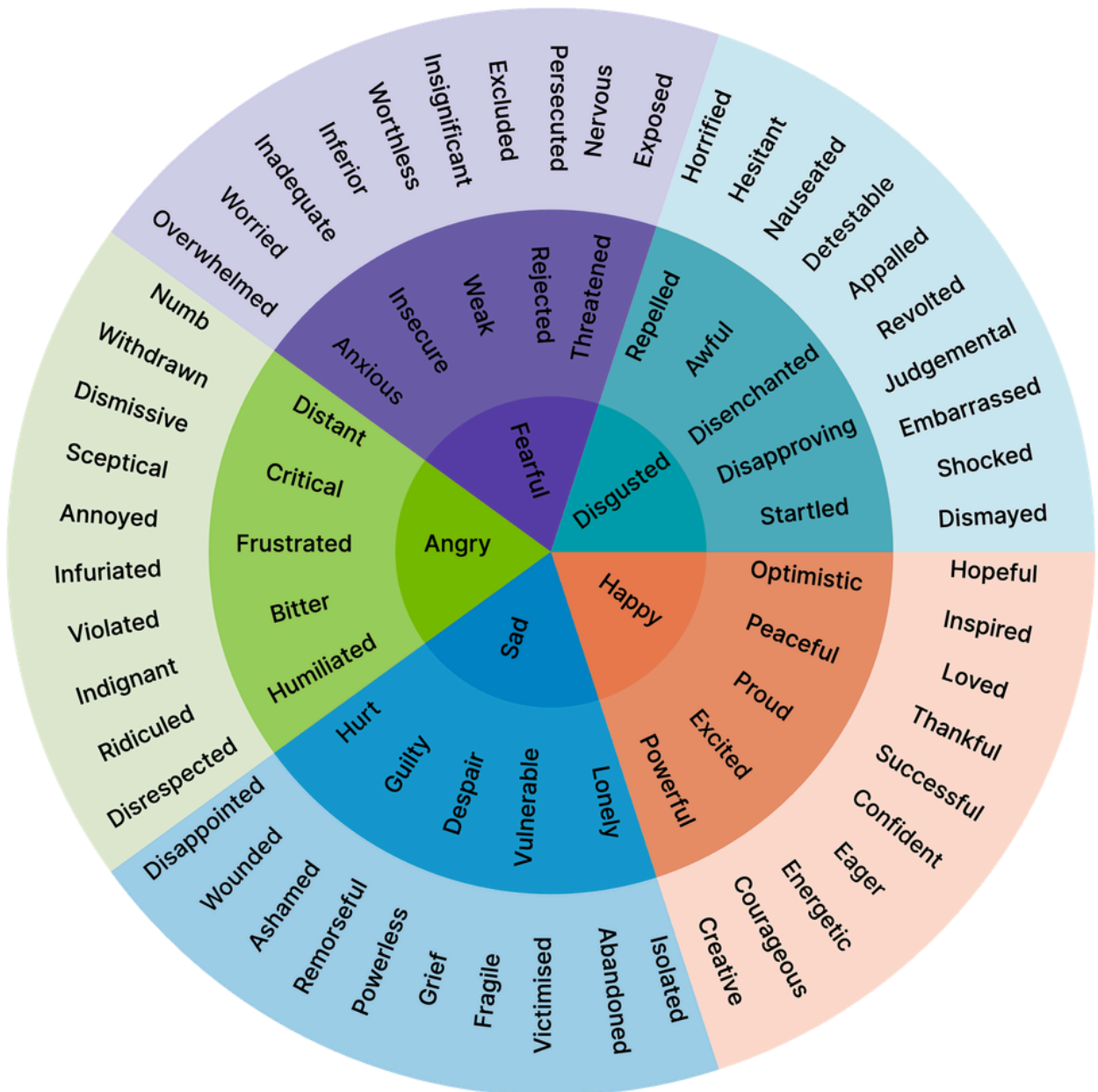
TRACK YOUR SLEEP QUALITY FOR ONE WEEK:

	Rate your sleep from 1-5: (1 poor to 5 excellent)	Describe your night: Suggestions: sleepless, restless, slept most of the night, solid night rest.
Monday	☐	_____
Tuesday	☐	_____
Wednesday	☐	_____
Thursday	☐	_____
Friday	☐	_____
Saturday	☐	_____
Sunday	☐	_____

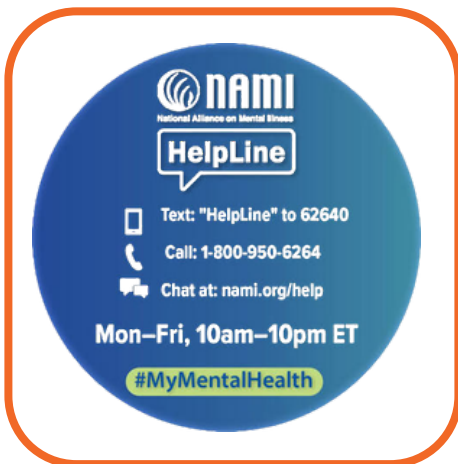
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Monday	☐	_____
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Friday	☐	_____
Saturday	☐	_____
Sunday	☐	_____

WHEEL OF EMOTIONS

This visual tool is designed to help you better identify, understand, express, and learn emotions.



Helpful Resources



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!





“

Your presence here on earth is
wanted, needed and
worth it all.

”

-Cameron Gallagher

