



MENTAL HEALTH
AWARENESS

journal





“
SpeakUp for those
who are struggling.
It can go a long way.
”
- 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 mental health. Journaling can be an outlet for creativity, self-reflection, and a process for setting goals.

There is no right or wrong way to journal.

YOU HAVE EVERYTHING YOU NEED INSIDE YOU TO GET STARTED.



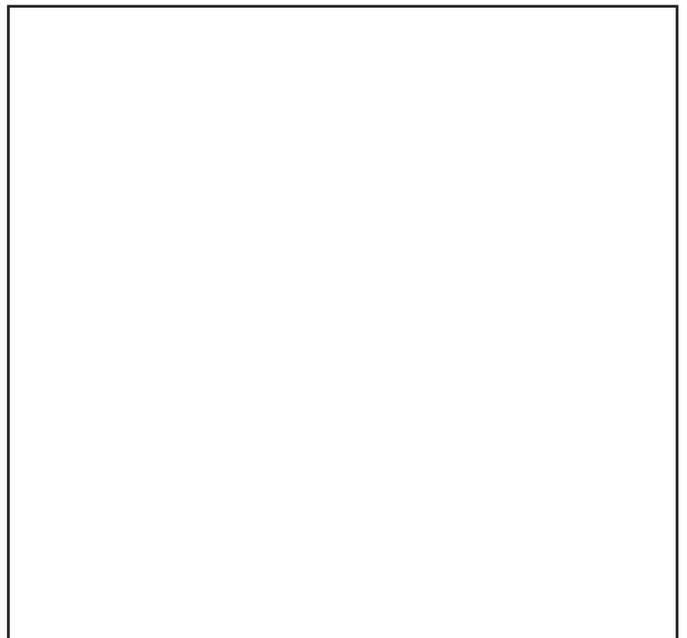
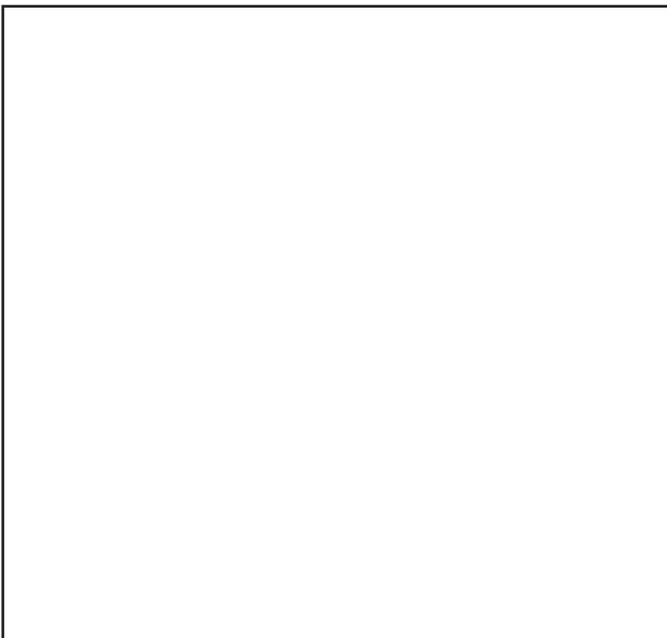
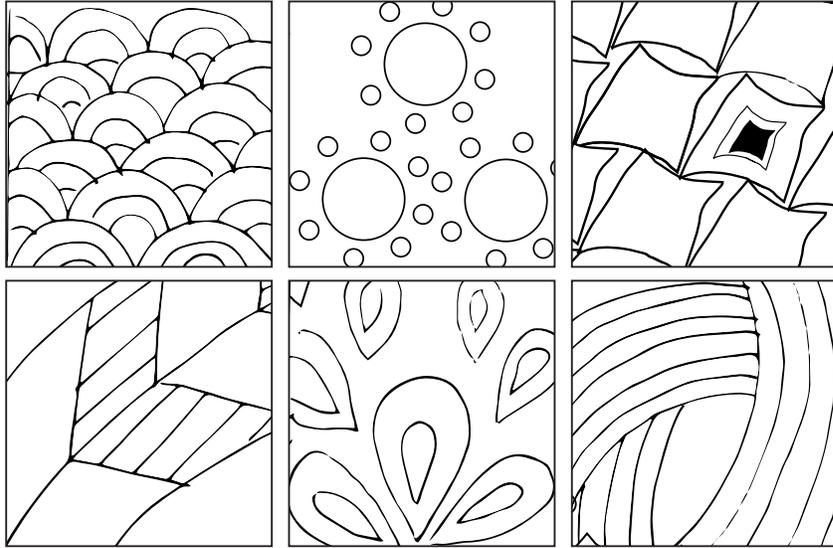


create

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.





mental wellness AND YOU

Think of all the positive ways you can describe yourself.
(Ex. "Music lover, adventurous, funny, honest, etc..")
Write them in the box below.

I AM



YOUR VALUE
doesn't
decrease

← based on someone's
inability to see
your worth
♠



ERASE THE STIGMA

A friend makes an ugly or derogatory comment about mental illness.
It makes you uncomfortable and maybe even angry.
How do you respond? What facts can you provide to support your point of view?

COMMENT

RESPONSE

FACTS





mental wellness AND YOU

List famous people's quotes or lyrics about mental health.
What is the common message?

"Help me, it's like the walls are caving in
Sometimes I feel like giving up
But I just can't
It isn't in my blood."
In My Blood, Shawn Mendez

“ ”

“ ”

“ ”

MESSAGE:





MENTAL WELLNESS

P	T	P	E	R	C	E	P	T	I	O	N	S	K
S	U	T	T	L	E	R	A	S	N	K	P	T	R
S	T	I	G	M	A	I	P	N	G	O	G	S	T
T	S	A	K	P	G	P	S	O	S	S	E	T	A
S	N	I	T	E	E	I	E	I	E	U	O	H	L
P	E	R	G	O	G	A	S	T	S	P	T	G	L
E	R	A	C	F	L	E	S	O	W	P	L	U	S
N	E	N	O	C	U	A	W	M	E	O	I	O	S
E	O	H	P	E	S	L	T	E	L	R	C	H	P
S	T	P	A	K	P	P	T	R	L	T	G	T	E
T	L	I	L	H	P	P	R	S	N	S	L	E	A
I	L	E	R	L	G	L	L	O	E	S	T	O	K
E	S	L	O	M	C	G	E	L	S	U	E	S	U
O	C	E	I	R	T	E	T	H	S	H	P	R	P

SELFCARE
STIGMA
SPEAKUP
HELP
WELLNESS

PREVENTION
SUPPORT
EMOTION
THOUGHTS
PERCEPTIONS





ERASE THE STIGMA

Your friend opens up to you about their recent struggle with depression.

HOW DO YOU RESPOND?

WHO CAN YOU GO TO FOR HELP?

Keep in mind it's not your job to "fix" your friend.





mental wellness AND YOU

MAKE A MENTAL HEALTH PLAN.

We hear a lot about preventative care for our physical health, but we often don't think much about preventative care for our mental health.

What would preventative mental health care look like for you?

WHAT CAN YOU START DOING TODAY?

1. _____
2. _____
3. _____
4. _____
5. _____



Speak Up



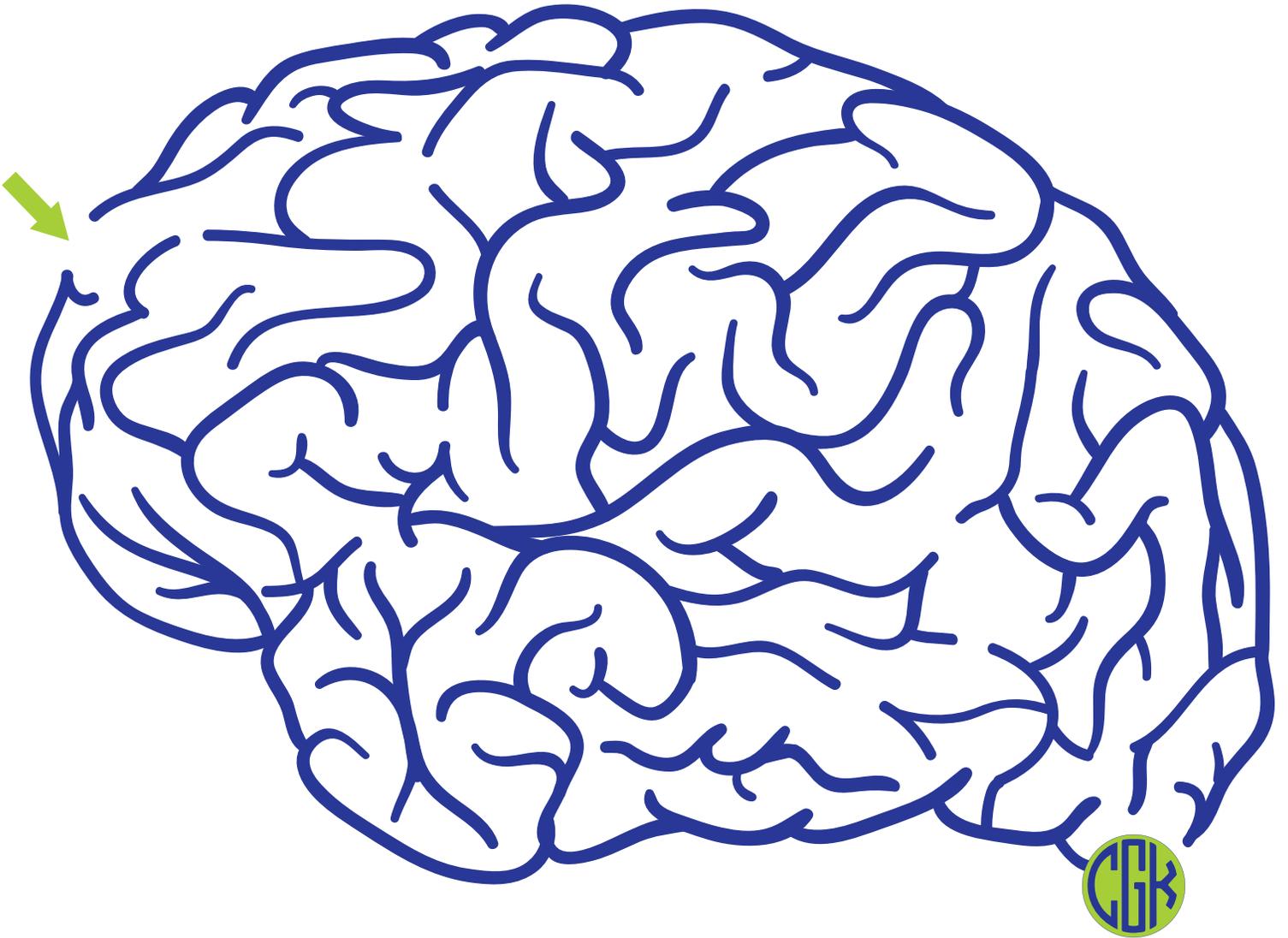


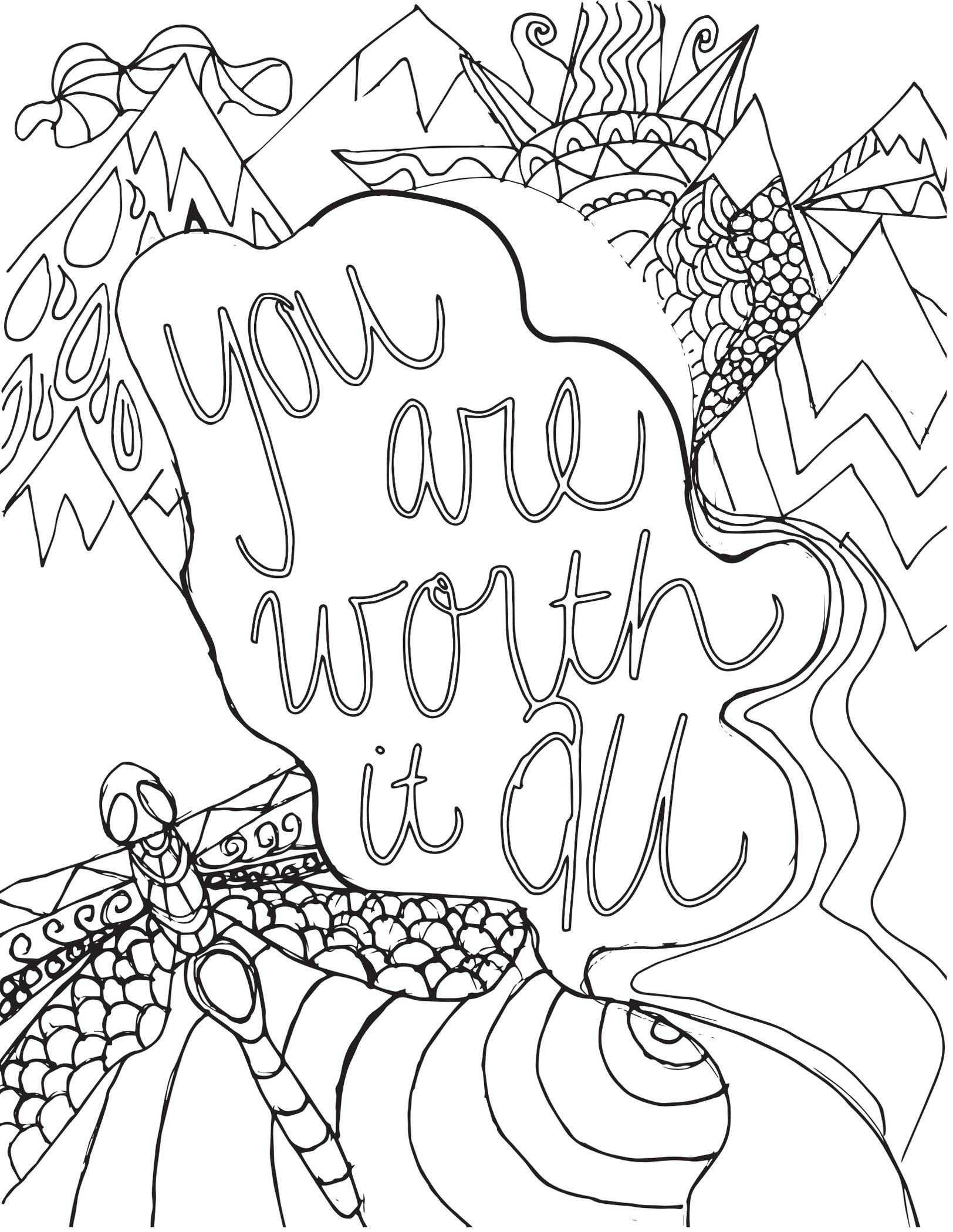
ERASE THE STIGMA

If there was a message you could give your friends and community about mental health or mental illness, what would it be?

MESSAGE:







you
are
worth
it all