

Mental Health Journal

- What's on your mind? Express whatever is on your mind
- How are you feeling? Release negative emotions like anger, sadness and jealousy.
- Track your moods everyday to help you identify your triggers, what's the best thing that's happened to you?
- Reflect on your entries to help you better understand your feelings.

DATE: / /

Morning – 7am

Afternoon - 12pm

Evening - 5pm
