

JOURNALING FOR MENTAL HEALTH AND WELL-BEING

Journaling is a powerful tool for self-discovery, emotional well-being, and personal growth. By regularly expressing your thoughts, feelings, and experiences, you can gain valuable insights into yourself and the world around you.

BY CONSTELLATION CLINICS



Welcome!



Here are some benefits of Journaling

- Journaling can help you manage stress by providing an outlet for your emotions.
- Regular journaling has been linked to improved mood, reduced anxiety, and increased self-awareness.
- Journaling can stimulate your creativity and inspire new ideas.
- By reflecting on your experiences, you can identify areas for growth and make positive changes in your life.

Tips for Getting Started

- Find a journal that you love and that inspires you to write.
- Dedicate a specific time each day for journaling. Consistency is key.
- Just write freely without worrying about grammar or spelling.
- Express your thoughts and feelings honestly and openly.
- Experiment with different writing styles, such as freewriting, journaling prompts, or creative writing.

Journaling Prompts for Gratitude

1. What Made Me Smile Today?
2. List Three People in Your Life You are Grateful for.
3. Who Made a Positive Impact on My Day, Even in a Small Way?
4. Name a Past Experience that you are Thankful for.
5. What act of Kindness did I Witness or Receive today?
6. What is the One Thing About My Home that I Appreciate?
7. How did I Practice Self-Care Today, and Why am I Grateful for it?
8. What Aspect of My Upbringing Am I Grateful for?
9. How has Giving to Others (Time, Resources, Love) Returned to me in Unexpected Ways?
10. How has Age or the Passage of Time brought a Sense of Thankfulness?

Journaling Prompts for Anxiety

1. What Makes Me Happy?
2. What Good Things Have Happened This Week?
3. What Am I Grateful For Right Now?
4. Are My Worries Realistic?
5. What Are Five Things I Want To Remind Myself Daily?
6. What Are My Top Five Stressors?
7. How Can You Improve Your Physical Health To Feel Better? For Example: Sleep More.
8. What Do I Love About Myself?
9. What Are The Small Changes You Can Do To Improve Your Mental Health? For Example: Talk to A Loved One.
10. What Did I Discover About Myself Today?

Journaling Prompts for Goal Setting

1. What Is Something I Have Always Wanted To Do?
2. If I Had Unlimited Resources, What Would I Accomplish?
3. What Values Are Most Important To Me?
4. How Do My Goals Align With These Values?
5. What Personal Qualities Do I Want To Develop?
6. What Professional Qualities Do I Want To Develop?
7. Are My Goals Achievable?
8. Write a S.M.A.R.T. Goal Statement For Each Goal.
9. What Specific Actions Can I Take To Reach my Goal?
10. How Do I Monitor Progress?
11. How Can I Celebrate My Small Victories Each Week?
12. What Is The Most Rewarding Part of This Journey?

self care challenge

month

year

take a 10
minute walk
outside

practice deep
breathing for
5 minutes

drink a glass
of water

learn yoga for
beginner

listen to your
favorite song

stretch for
5 minutes

have a
healthy snack

meditate for
10 minutes

call a friend
or family
member

take a power
nap

do a quick
decluttering
session

watch
a funny video

read a few
pages of a
book

do a quick
workout

have
a soothing
cup of tea

try a new
recipe

write in a
journal for 5
minutes

do a random
act of
kindness

take
a relaxing
bath

unplug from
technology for
an hour

watch the
sunset or
sunrise

do a mini
DIY project

make some
word of
affirmation

dance to
your favorite
music

reflect on your
day before
going to bed

notes

goals

Mental-care checklist

week

| activity | s | m | t | w | t | f | s |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| don't forget to take care of yourself and your health | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| exercise, eat healthy and get enough sleep | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| use relaxation through meditation or deep breathing | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| communicate with loved ones and friends | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| set realistic goals and manage time effectively | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| do things you enjoy | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| attend professional counseling sessions | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| limit exposure to negative news or social media | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| take breaks from work to rest and recuperate | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

notes

About CONSTELLATION CLINICS

We designed this journaling workbook as a practical tool to guide your self-reflection and personal growth. With thoughtful prompts and techniques, it helps you explore your thoughts, emotions, and experiences in an organized way, supporting your path to greater mental well-being and clarity. This resource is crafted to empower your journey of meaningful self-discovery and development.

Wishing you a rewarding experience!

Constellation Clinics provides quality mental health services. We offer comprehensive care to individuals and groups facing various psychological and emotional challenges. Our highly skilled and experienced team of psychiatrists, psychologists and therapists provide personalized treatment that enables flourishing and preserving human dignity while ensuring maximum confidentiality.



DO YOU NEED
MORE HELP?

BOOK AN
APPOINTMENT



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