


Mental Health Journal



A 30-Day Guided Journal



Hybrid

Created with LoomJournals

How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Rate mood, anxiety, energy, and sleep quality each day
 - Reflect on what contributed to your mental state
 - Bring your journal to therapy sessions for discussion
 - Review trends monthly to track overall progress



Scan for a detailed guide on how to use this journal

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Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Sleep quality (1-10): 1 2 3 4 5 6 7 8 9 10



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Coping strategies *(what did you do to cope? deep breathing, walking, talking...)*

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