

Mental Health Journal

| INSTRUCTIONS |

Choose someone in class to be your Mental Health Partner.

Over the next seven days you will incorporate a new activity(s) into your daily routine that may help you reduce stress and improve mental health. You may choose a new activity to try each day or engage in the same activity over a series of days. A helpful tip is to pick an activity in the category of the highest score on the Mental Health Questionnaire.

Each day, engage in the activity of your choice and respond to the questions in your journal.

The next day in class, spend a few minutes with your Mental Health Partner and report on your activity experience and listen to their experience. After, initial each other's journal entry.

DAY 1 – SAMPLE

DAY 1 DATE October 1 ACTIVITY Taking a hot bath before bed

MENTAL
HEALTH
PARTNER
INITIAL
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Why did you choose this activity?

I have trouble falling asleep, which makes me want to sleep in the morning. As a result, I have less time to get ready for school.

How and when did you implement the activity into your daily routine?

After all my homework and dinner was complete, I took a bath in the evening before bed.

How did you feel before and after the activity?

Before the bath, I felt wound up from my homework. After taking the bath, I felt relaxed and ready for bed.

What about this activity was helpful or unhelpful?

It was helpful in taking my mind off of school work and put me in a relaxed state before bed. I could then fall asleep easier and had more time in the morning to get ready for school.

DAY 7 WRAP UP QUESTION – SAMPLE

wrap up QUESTION

What changes did you notice after completing the seven day mental health challenge?

I noticed that with the more sleep I had each night, I felt I had more energy during the day at school. The energy helped me to focus in class, take good notes and have an easier time with my homework that evening. Taking a hot bath not only helped my sleep, but also improved my energy during the day and allowed me to be more effective in school.

STUDENT WORKBOOK | MENTAL HEALTH JOURNAL

Name _____ Class Period _____

DAY 1 **DATE** _____ **ACTIVITY** _____

Why did you choose this activity?

**MENTAL
HEALTH
PARTNER
INITIAL**

How and when did you implement the activity into your daily routine?

How did you feel before and after the activity?

What about this activity was helpful or unhelpful?

DAY 2 **DATE** _____ **ACTIVITY** _____

Why did you choose this activity?

**MENTAL
HEALTH
PARTNER
INITIAL**

How and when did you implement the activity into your daily routine?

How did you feel before and after the activity?

What about this activity was helpful or unhelpful?

DAY 3 **DATE** _____ **ACTIVITY** _____

Why did you choose this activity?

**MENTAL
HEALTH
PARTNER
INITIAL**

How and when did you implement the activity into your daily routine?

How did you feel before and after the activity?

What about this activity was helpful or unhelpful?

Name _____ Class Period _____

DAY 4 **DATE** _____ **ACTIVITY** _____

Why did you choose this activity?

**MENTAL
HEALTH
PARTNER
INITIAL**

How and when did you implement the activity into your daily routine?

How did you feel before and after the activity?

What about this activity was helpful or unhelpful?

DAY 5 **DATE** _____ **ACTIVITY** _____

Why did you choose this activity?

**MENTAL
HEALTH
PARTNER
INITIAL**

How and when did you implement the activity into your daily routine?

How did you feel before and after the activity?

What about this activity was helpful or unhelpful?

DAY 6 **DATE** _____ **ACTIVITY** _____

Why did you choose this activity?

**MENTAL
HEALTH
PARTNER
INITIAL**

How and when did you implement the activity into your daily routine?

How did you feel before and after the activity?

What about this activity was helpful or unhelpful?

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Name _____ Class Period _____

DAY 7 **DATE** _____ **ACTIVITY** _____

Why did you choose this activity?

**MENTAL
HEALTH
PARTNER
INITIAL**

How and when did you implement the activity into your daily routine?

How did you feel before and after the activity?

What about this activity was helpful or unhelpful?

DAY 7 WRAP UP QUESTION

wrap up **QUESTION**

What changes did you notice after completing the seven day mental health challenge?

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