



STRESS AWARENESS

journal





Mindfulness is the awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally.



-Jon Kabat-Zinn

We invite you to use this journal as one of the tools in your personal mental wellness toolbox to reflect on your own stress awareness. Journaling can be an outlet for creativity and self-reflection, a process for setting goals, and a means of relieving stress.

There is no right or wrong way to journal.

YOU HAVE EVERYTHING YOU NEED INSIDE YOU TO GET STARTED.





How do you enjoy spending your time?
Write about a moment this year when you
felt extremely happy, content or excited.

LET'S WRITE ABOUT IT.





DISCIPLINE

and

IMAGINE

and

LOVE



mindfulness

A graphic featuring a green teardrop shape in the center, surrounded by three blue curved lines that resemble ripples or waves.

FOCUS ON
YOUR BREATH

Being present in the moment is a powerful tool for reducing stress. One of the easiest ways to bring your attention to the present moment is to focus on your breath.

LET'S TRY IT.

Take one deep breath in for three counts, hold it, and release it for three counts.

Where in your body do you hold stress?

Take another deep breath for a count of three, hold it, and as you release for a count of three, focus on relaxing the part of your body where you hold stress.



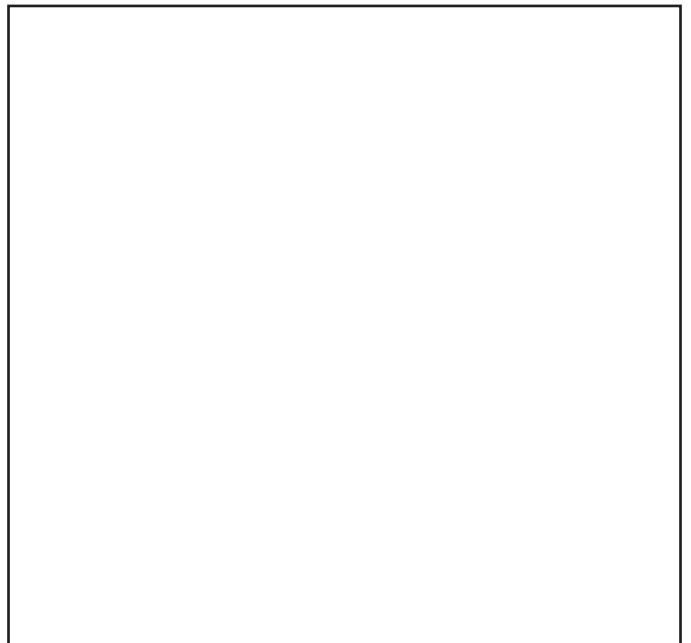
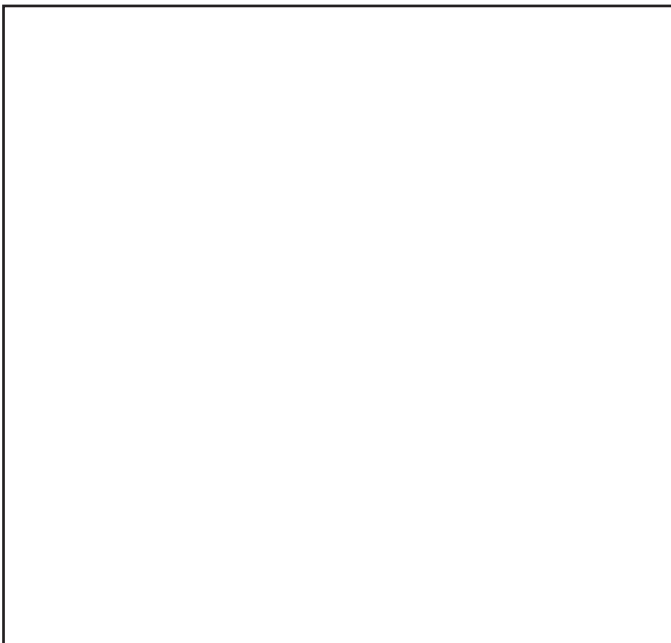
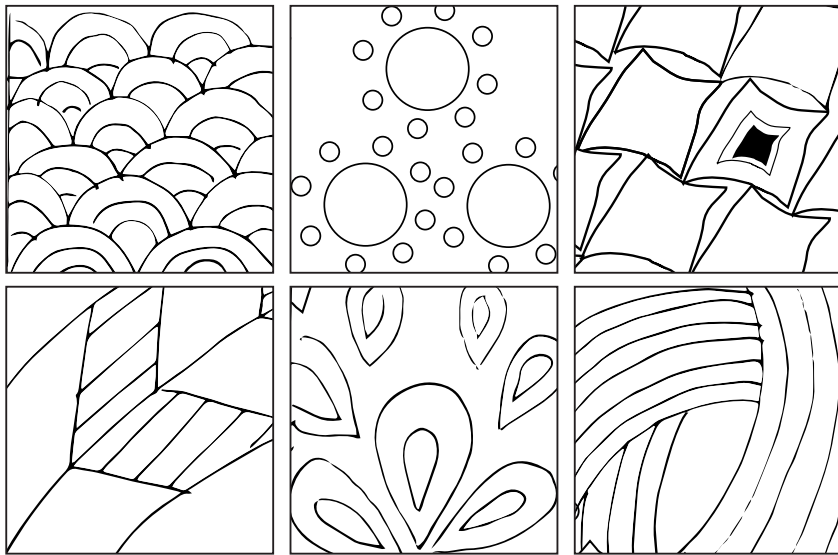


create

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.





THE WAY I HANDLE ANGER IS...

Anger is often an expression of stress, depression and/or anxiety.

LET'S WRITE ABOUT IT.





STRESS AWARENESS

E	E	E	P	C	P	E	C	N	A	L	A	B	P
I	O	F	E	S	S	S	E	R	T	S	I	C	O
U	M	I	S	S	B	C	I	S	U	M	S	A	S
T	B	S	B	R	I	S	O	E	Y	R	C	B	I
I	I	S	B	E	S	S	I	R	E	B	Y	M	T
S	U	E	R	S	T	C	R	U	S	A	E	S	I
M	Y	N	E	P	R	C	I	T	N	L	T	E	V
E	B	L	A	O	A	A	B	A	S	N	N	M	E
S	B	U	T	N	S	V	C	N	S	R	D	I	E
S	O	F	H	S	E	T	Y	A	R	F	C	L	P
T	H	D	E	E	B	F	R	I	E	N	D	S	S
Y	S	N	X	F	E	X	E	R	C	I	S	E	A
N	Y	I	R	S	H	B	T	U	S	L	E	E	P
F	A	M	S	U	E	U	P	E	E	S	A	T	S

STRESS

POSITIVE

BALANCE

BREATHE

NATURE

MUSIC

MINDFULNESS

EXERCISE

FRIENDS

RESPONSE

SLEEP

HOBBY





mindfulness



FOCUS ON
GRATITUDE

Research suggests that gratitude boosts our health and spreads happiness.

Think of at least one thing you are grateful for every day this week. Write it here or consider texting your gratitude to a friend or family member. Invite them to do the same. Sending and receiving a gratitude text is a beautiful way to start the day.

I AM GRATEFUL FOR...

Monday	_____
Tuesday	_____
Wednesday	_____
Thursday	_____
Friday	_____
Saturday	_____
Sunday	_____





STRESSORS

What do you currently identify as your biggest stressors in the past year?

What steps have you taken to positively manage these stressors?

What additional steps could you take?

LET'S WRITE ABOUT IT.



YOU GOTTA

JUST A M

TIOSI

TIVW





mindfulness

VISUALIZATION

What is an upcoming event you are feeling worried about?
For example, a test, game, recital, conversation with
a friend or parent, presentation, etc...

LET'S TRY IT.

Sit or lay down in a comfortable position.

Take a few deep, slow breaths, and picture the location of this event.

What does it smell like, sound like?

Feel the calm that comes with trusting that you
have put in the work and prepared for this event.

Smile with gratitude that you are able to
move your body and use your voice.

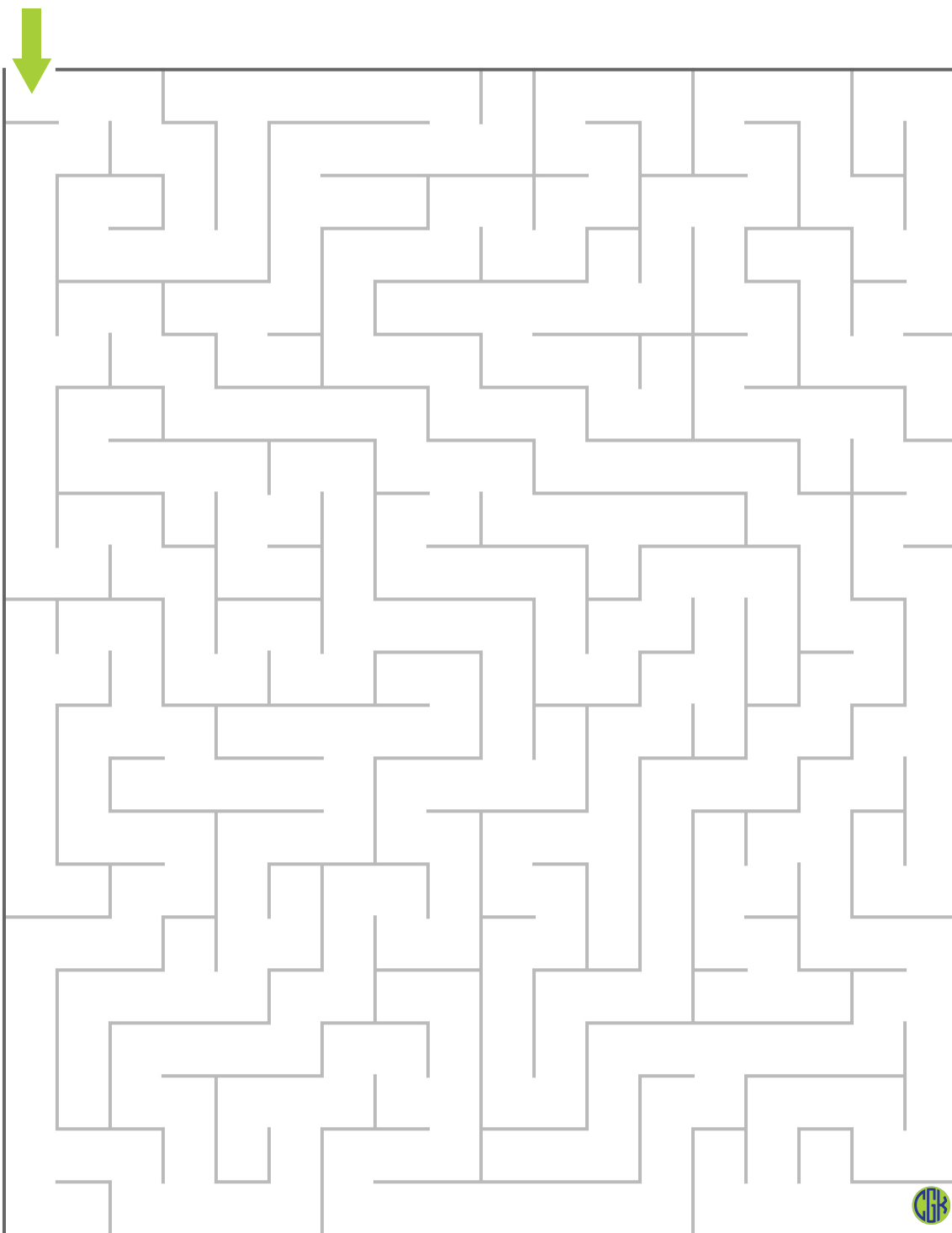
Breathe deeply into the softness of gratitude
that you can do hard things.

Picture what success for you at this event looks like and feels like.

Take five more deep breaths.

Slowly open your eyes.







mindfulness

TECHNOLOGY USE

We can't completely unplug.
You use a computer at school as well as for homework.
We can, however, use technology mindfully. Pay attention this week to how often you are using technology as a distraction to numb an uncomfortable emotion such as loneliness or frustration.

TRACK YOUR TECHNOLOGY DISTRACTIONS BELOW.

Monday	_____
Tuesday	_____
Wednesday	_____
Thursday	_____
Friday	_____
Saturday	_____
Sunday	_____





PERFECT YEAR

Describe what would be the "perfect" year for you.
What kinds of activities, events, or accomplishments
would that include for you?

LET'S WRITE ABOUT IT.







If you find it hard to make your mind settle down as you are trying to sleep, or if you wake in the middle of the night and your mind is racing, bring your attention to your breath.

Get as comfortable as you can in your bed. Take note of your breath. Then begin slowly breathing through your nose: breathe in for 3 counts, out for 3 counts until you fall asleep. If your mind goes back to our thoughts, bring your attention back to your breath and counting.

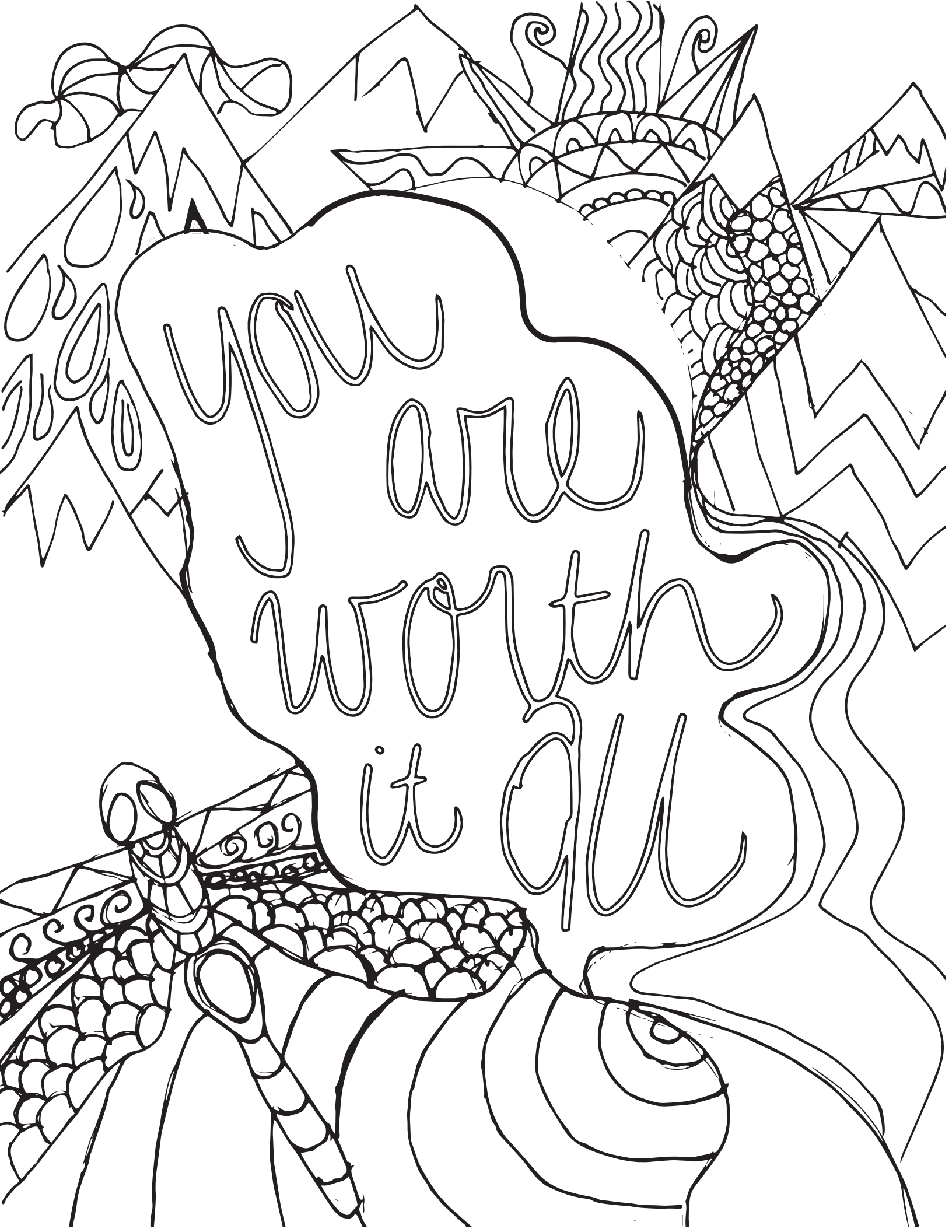
TRACK YOUR SLEEP QUALITY FOR ONE WEEK:

	Rate your sleep from 1-5: (1 poor to 5 excellent)	Describe your night: Suggestions: sleepless, restless, slept most of the night, solid night rest.
Monday	<input type="checkbox"/>	_____
Tuesday	<input type="checkbox"/>	_____
Wednesday	<input type="checkbox"/>	_____
Thursday	<input type="checkbox"/>	_____
Friday	<input type="checkbox"/>	_____
Saturday	<input type="checkbox"/>	_____
Sunday	<input type="checkbox"/>	_____

ADDITIONAL TIPS:

- Write down what is on your mind to clear it.
- Take school, computer, television and phones out of the sleeping environment.
- Use your bed only for sleep to strengthen the association between bed and sleep.
- Make your bedroom as dark as possible.
- Prepare for the next day - make a to do list, make lunch, layout clothes.





you
are
worth
it all