



CULTURAL SENSITIVITY

*journal*





“SpeakUp for those  
who are struggling.  
It can go a long way.”



- Cameron Gallagher

We invite you to use this journal as one of the tools in your personal mental wellness toolbox to reflect on your own journey of learning and practicing resilience. Gratitude and optimism are important mindsets to help you navigate challenging times. Journaling can be an outlet for creativity and self-reflection, a process for setting goals, and a means of personal growth. This journal will focus on nurturing gratitude and optimism.

There is no right or wrong way to journal.

**YOU HAVE EVERYTHING YOU NEED INSIDE YOU TO GET STARTED.**





# PROMPT:

Culture is often used to describe several different things including beliefs, customs, celebrations, and shared beliefs.

**WHAT CULTURE OR CULTURES DO YOU BELONG TO?  
WHAT DOES CULTURE MEAN TO YOU?**

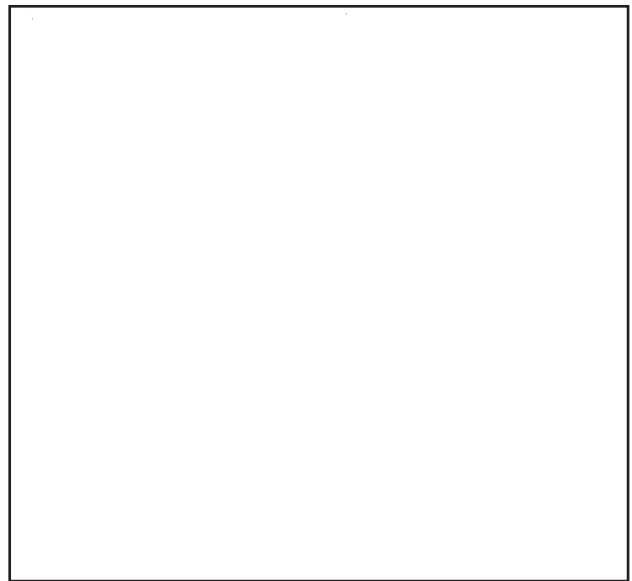
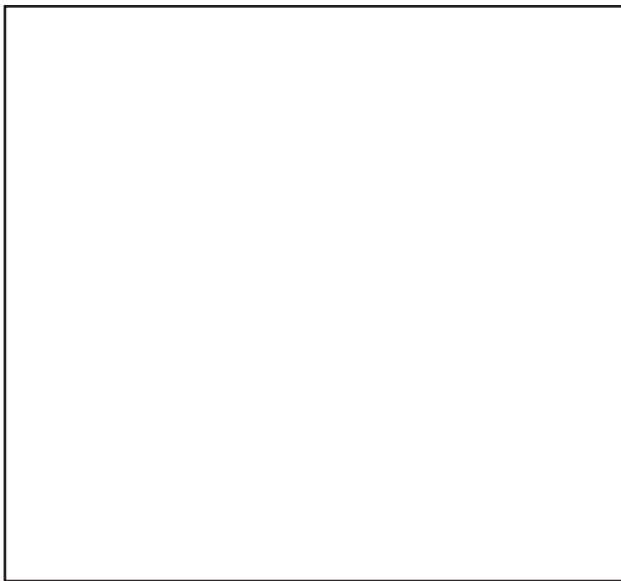
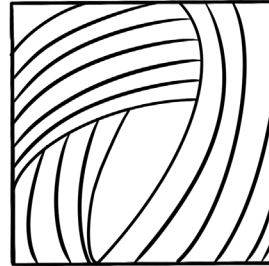
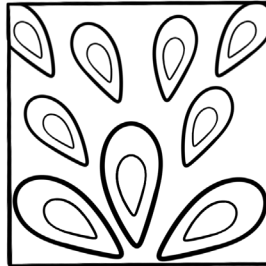
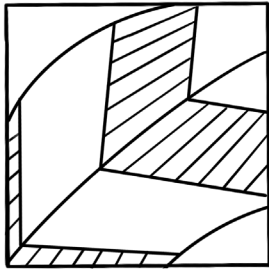
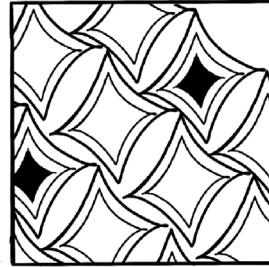
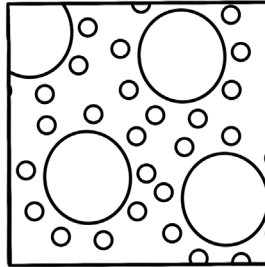
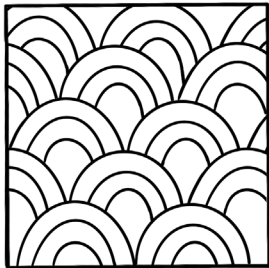
A large graphic of a path made of colorful stones leading upwards, overlaid on a series of horizontal lines for writing. The path starts at the bottom left and curves upwards towards the top right. The stones are in various colors including blue, green, yellow, orange, and grey. The path is set against a background of horizontal lines that are partially obscured by the path graphic.



## 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.





# LIST IT!

Think of all the different aspects of your culture you are proud of,  
such as beliefs and traditions.

List them here.

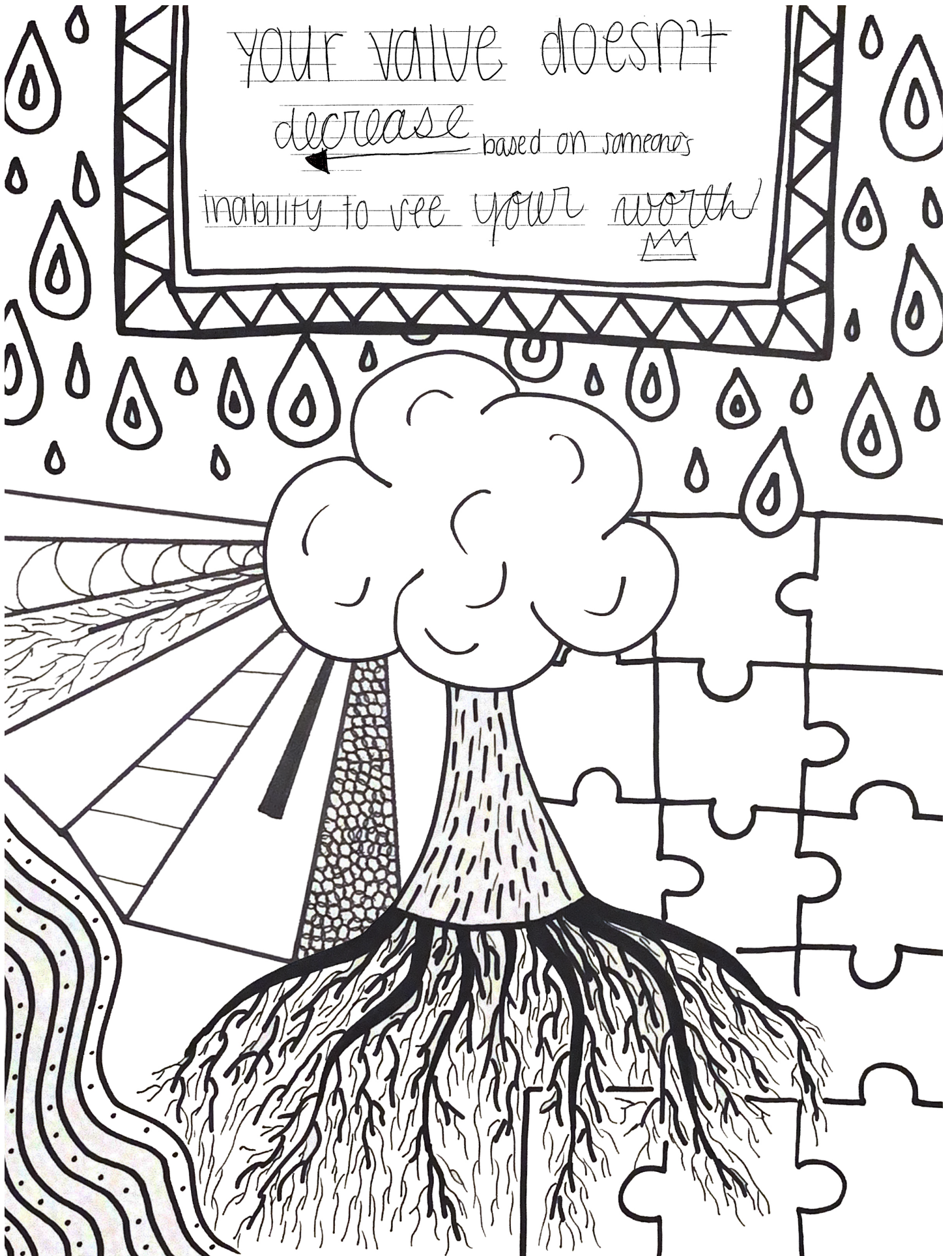
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	



YOUR VALUE DOESN'T

decrease based on someone's

inability to see your worth





# PROMPT:

What does acceptance mean to you?  
How can you show acceptance and encouragement to cultures different from your own?  
How do you think acceptance can impact your mental health and the mental health of others?

A series of horizontal lines for writing, overlaid on a decorative background of colorful, rounded shapes in shades of blue, orange, green, and grey.





# WORD SEARCH

Words can be found in any direction (including diagonals) and can overlap each other.  
Use the word bank below

V	E	E	T	A	R	B	E	L	E	C	I	D	N	A
P	E	F	L	Q	W	S	G	S	Y	Z	C	U	O	A
J	U	P	K	G	Z	Y	R	Q	R	E	S	M	I	C
K	Z	I	O	O	N	E	D	J	R	N	I	U	T	S
U	M	D	J	L	V	X	C	B	J	K	G	S	I	H
X	Q	K	P	I	P	H	X	Y	U	W	U	I	D	V
L	C	B	D	U	P	U	U	N	S	C	J	C	A	W
A	U	P	L	F	P	K	D	O	E	A	H	K	R	B
N	C	U	L	T	U	R	E	M	W	A	W	C	T	W
G	B	G	V	P	P	X	V	R	H	E	A	L	T	H
U	U	P	N	H	A	C	U	A	V	N	G	E	O	T
A	R	K	P	P	D	J	J	H	Z	C	P	N	V	E
G	U	H	E	J	N	W	G	R	V	A	L	U	E	S
E	Q	H	R	N	N	T	R	G	X	Y	X	D	E	X
A	Q	M	Z	N	S	F	E	I	L	E	B	U	X	M

## WORD BANK

CULTURE	TRADITION	VALUES
HEALTH	MUSIC	HARMONY
DIVERSE	CELEBRATE	
BELIEFS	LANGUAGE	







# LIST IT!

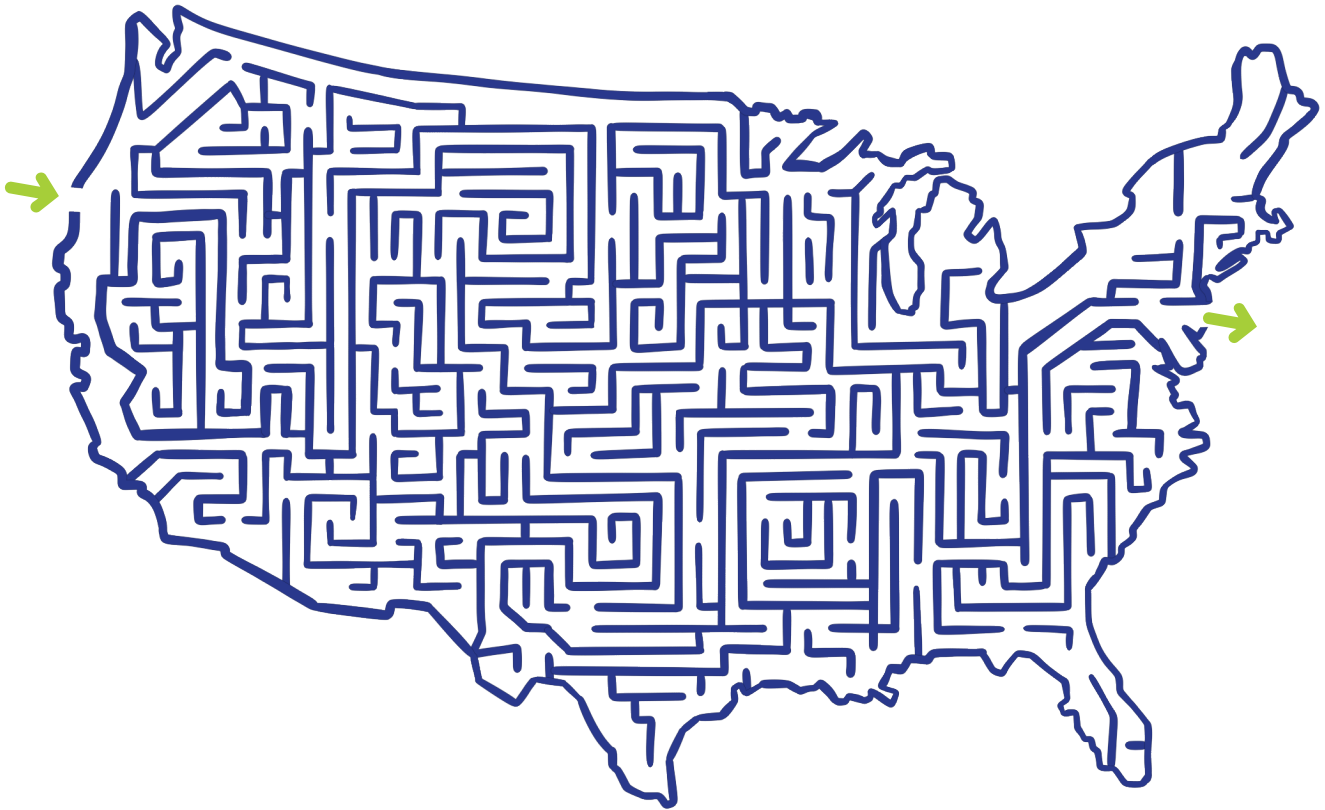
Music is powerful. It relaxes the mind and energizes the body. It can be a way to relieve stress and boost our psychological well-being.

**Make a list of your favorite songs and answer the following questions:  
Are these specific to your culture? To another culture? What do you enjoy about these songs? What do the lyrics mean to you?**



- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_











# EMOTIONS CLOCK

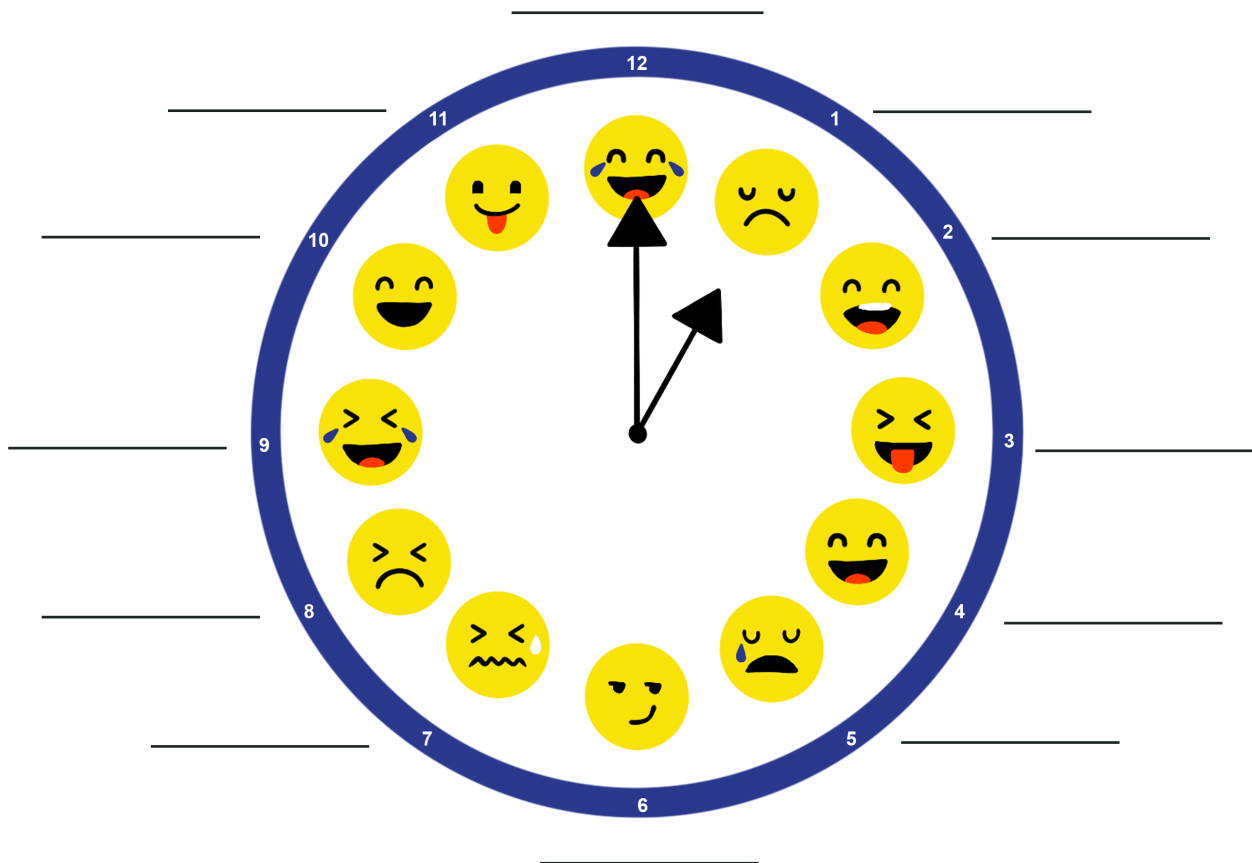
WE ALL EXPERIENCE EMOTIONS.

Using the clock below, track your own emotions throughout the day. Think about what is going on that makes you feel the way that you do.

What are you doing that makes you happy or excited?

What helps you to feel better when you are feeling stressed or overwhelmed?

Recognizing and prioritizing our feelings can help us to be more self-aware and bring about positive ways to manage our emotional wellness.



WORD BANK		
EXCITED	CONTENT	FUNNY
NERVOUS	ANXIOUS	HURT
ANGRY	SCARED	LOVING



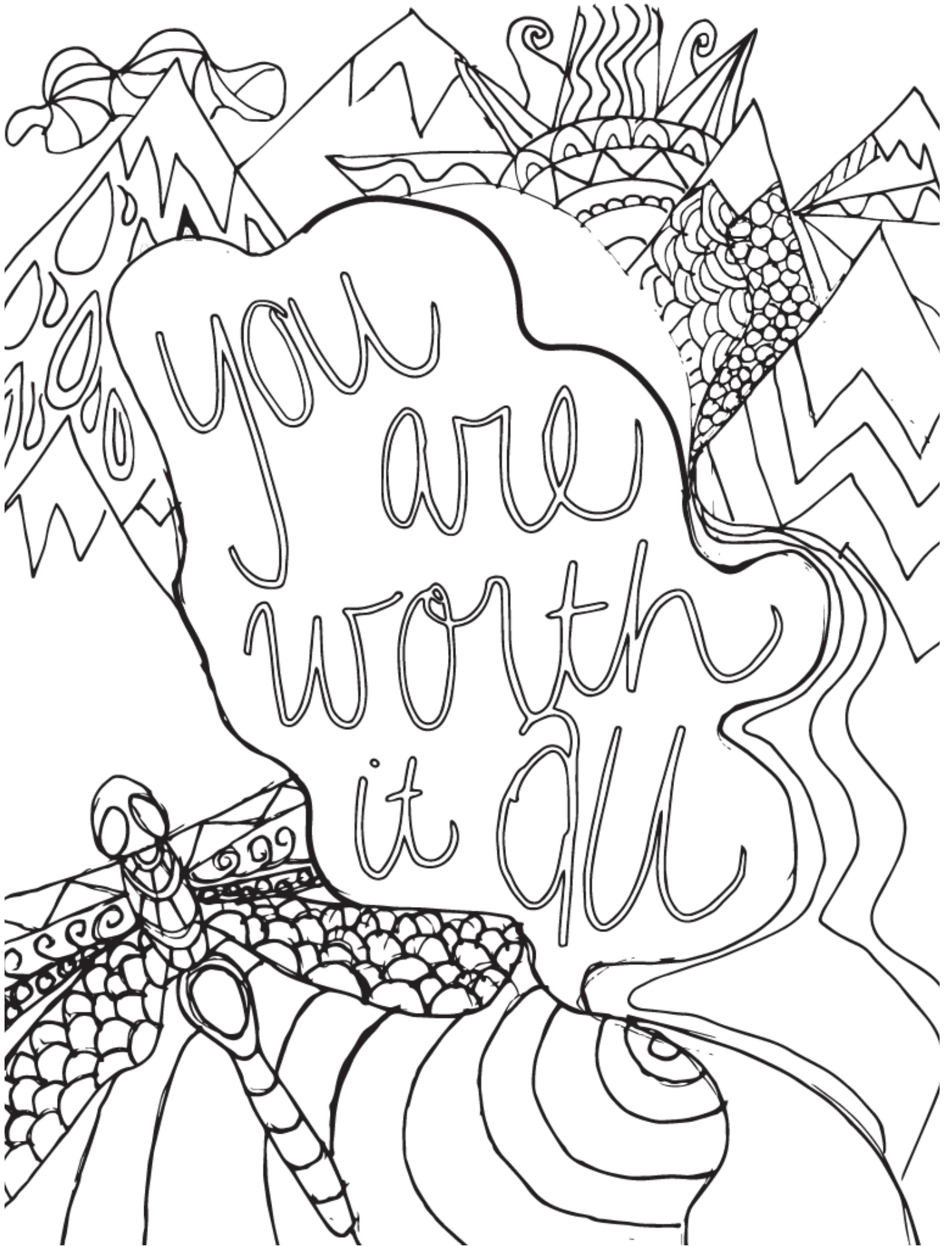


# PROMPT:

How do you feel when you are around other cultures,  
or experience cultural practices different from your own?  
Why might you feel this way?

A series of horizontal lines for writing, with a decorative path of colorful stones winding through them from the top right towards the bottom left.





you  
are  
worth  
it all