

Mental Health

30 JOURNAL PROMPTS FOR MENTAL HEALTH

NAME _____ DATE _____

- 1 In three words, how is your mind feeling right now?
- 2 On a scale from one to ten, where is your energy today, and what is one thing nudging it up or down?
- 3 What color would you give your mood this morning, and why that one?
- 4 What is one small thing your body is asking for right now: water, food, a stretch, fresh air or rest?
- 5 Name one moment today when you felt even a little lighter.
- 6 What did you do today that was kind to your mind, even if it was small?
- 7 Which sound, smell or texture tends to calm you down when your thoughts are busy?
- 8 Who is one person you could message today just to say hello?
- 9 What is one thing you can take off your plate today without anything falling apart?
- 10 How did you sleep last night, and how is that showing up in your mood this morning?
- 11 What is a song that matches how you feel right now, and one that might gently shift it?

- 12 Write down one thought that keeps looping in your head today, just to set it on the page.
- 13 What is a place near you where you tend to feel a bit more at ease?
- 14 Describe your mood today as if it were weather. What is the forecast for the rest of the day?
- 15 Think back over the past week. When did your energy feel highest, and what was going on around you?
- 16 What are your early signs that you are running low, like changes in your sleep, appetite, patience or how you talk to yourself?
- 17 List the people you can turn to on a hard day. What does each of them offer you: a laugh, a listening ear, practical help?
- 18 What helped the last time you had a rough day, and what did not help at all?
- 19 How do you talk to yourself when you make a mistake? Write what a kind friend would say instead.
- 20 Which parts of your day drain you, and which parts fill you back up?
- 21 What does a good mental health day look like for you, from the moment you wake up to the moment you go to bed?
- 22 What is a feeling you tend to push aside? What happens when you let yourself notice it for a minute?

- 23 How has your phone or screen time affected your mood this week? What would you like to change, if anything?
- 24 What is one boundary that would protect your energy this week, and who would you need to share it with?
- 25 What did you need as a child when you were upset? Do you still need something similar now?
- 26 Write about a time you asked for help. What made it possible, and how did you feel afterward?
- 27 Which part of your school week weighs on your mind most, and what would make it a little lighter?
- 28 What story do you tell yourself about having a bad day? Write about how that story shapes what you do next.
- 29 Write a letter to yourself to open on a hard day. What do you want that version of you to remember?
- 30 What beliefs about asking for help did you pick up growing up? Which ones still serve you, and which would you like to let go?