

# GET A LIFE!

## A BEGINNER'S TOOLBOX FOR ADULTING

a collection of educational materials

### MODULE 3: Mental health & emotional well-being. MATERIALS: JOURNAL



**ARTICLE ABOUT THE BENEFITS OF JOURNALING ON MENTAL HEALTH AND HOW IT CAN SUPPORT YOU**

#### The Power of Journaling: A Pathway to Enhanced Mental Health 🌟

Journaling is more than just writing words on a page; it is a powerful tool for enhancing mental health and emotional well-being. Its benefits have been celebrated by therapists, educators, and individuals alike for its ability to foster self-awareness, reduce stress, and improve overall mental clarity.



##### Self-Reflection and Awareness

One of the most significant benefits of journaling is its ability to enhance self-reflection. By documenting thoughts and feelings, individuals can gain deeper insights into their emotions and behaviors. For instance, when John, a college student, began journaling, he discovered patterns in his mood swings related to academic stress. This awareness enabled him to adopt healthier study habits and manage his stress more effectively.

##### Stress Reduction and Emotional Release

Journaling serves as a safe outlet for expressing emotions, which can significantly reduce stress levels. When emotions are bottled up, they can lead to anxiety and depression. Writing about experiences—whether joyful or challenging—allows for emotional release and processing. Sarah, a young professional, found solace in writing about her daily challenges at work. This practice helped her articulate her feelings and approach situations with a clearer mind.



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##### Problem-Solving and Decision-Making

Often, individuals find themselves stuck when faced with difficult decisions or problems. Journaling can aid in organizing thoughts and exploring potential solutions. By laying out the pros and cons of a situation, like deciding on a career path, individuals can make informed decisions. For example, Alex used journaling to weigh the benefits of pursuing further education against entering the workforce. This clarity helped him choose a path aligned with his long-term goals.



##### Creativity and Inspiration

Journaling is not only a tool for emotional exploration but also a catalyst for creativity. Many artists and writers use journaling to brainstorm and develop ideas. It provides a space to explore thoughts without judgment, fostering a creative flow that can lead to personal and professional growth.

**How to get started and stay on track? Here are some useful tips to explore journaling as an accessible tool to support yourself:**



- Set a routine: choose a good time each day to journal. It can be just for a few minutes!
- Create a comfortable space. A quiet, comfortable spot where you can focus and reflect.
- Be honest. Write the truth to yourself. Authenticity is how you learn to know **you**.
- Experiment with prompts. They are useful to guide your writing if you're unsure where to start. We have made a 50-question journal prompt for you! Find it in the next material page and get started!



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**50 JOURNALING PROMPTS TO CONNECT WITH YOURSELF AND REFLECT  
ON WHAT IMPACTS YOUR MENTAL HEALTH AND EMOTIONAL WELLBEING**

#### WELCOME TO YOUR JOURNALING EXPERIENCE!

#### TAKE AN EMPTY NOTEBOOK, AND ANSWER ONE OF THESE EVERY DAY:

- What activities bring me the most joy and why? 🌟
- How do I typically react to stress, and what helps me cope?
- What are three things I'm grateful for today?
- How do I define success for myself?
- What are my top three values, and how do they guide my life?
- Who are the people in my life that support my well-being, and how do they do so?
- How do I practice self-compassion when I make mistakes?
- What are my biggest fears, and how do they impact my daily life?
- What role does social media play in my mental health?
- How do I recharge when I'm feeling drained? 🔋
- What past experiences have shaped my view of myself?
- How do I know when I need help, and am I comfortable asking for it?
- What are my boundaries, and how do I enforce them?
- How do I express my emotions healthily?
- What are my favorite ways to relax and unwind?
- How do I deal with change?
- What is a recent challenge I overcame, and what did I learn from it?
- How do I celebrate my achievements, big or small?
- What does a balanced life look like to me?
- How do my hobbies contribute to my mental well-being?



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#### TAKE AN EMPTY NOTEBOOK, AND ANSWER ONE OF THESE EVERY DAY:

- What is one thing I'd like to improve about myself, and why?
- What does self-care mean to me, and how do I practice it?
- How do I handle criticism, and what can I learn from it?
- What do I love most about myself?
- How do my surroundings impact my mood and mental health? 🌿
- What are my dreams and aspirations, and how can I pursue them?
- How do I prioritize my mental health in my daily routine?
- What are my triggers, and how do I manage them?
- How do I stay connected to my sense of purpose?
- What does happiness mean to me?
- How do I handle disappointment?
- How do I cultivate positive relationships in my life?
- What role does exercise play in my mental well-being?
- How do I ensure I'm getting enough rest and sleep?
- How do I handle uncertainty and ambiguity?
- What are my favorite affirmations, and how do they help me?
- How do I stay present and mindful in my daily life?
- How do I nurture my creativity?
- What are my coping strategies during tough times?
- How do I balance my needs with the expectations of others?

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**TAKE AN EMPTY NOTEBOOK, AND ANSWER ONE OF THESE EVERY DAY:**

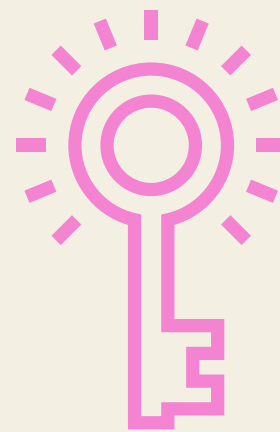
- What is my relationship with food, and how does it affect my well-being?
- How do I manage my time effectively to reduce stress?
- What role does nature play in my emotional health?
- How do I maintain my mental health during busy or stressful periods?
- How do I cultivate a positive self-image?
- What are my personal strengths, and how do they help me?
- How do I define love, and how do I give and receive it?
- What are my long-term goals, and how do they align with my values?
- How do I process and let go of negative emotions?
- What is one small change I can make today to improve my mental well-being?

**Remember these tips for a fulfilling and successful journaling experience:**



#### **Routine**

Set a time. You only need 5-10min!



#### **Authenticity is key**

Learn & practise being honest with yourself. You are writing to know YOU.



#### **Safe space**

Find somewhere comfortable, private and safe.



**Nordic Council  
of Ministers**