

MENTAL HEALTH JOURNAL.



What Is a Mental Health Journal?

- Mental Health journal is the act of keeping a record of your feelings, thoughts, insights, ideas, and more.
- Your mental health journal may exist in many forms. It can be kept on paper or your computer, written or drawn. The idea behind the whole process is to make your thoughts clearer by getting them out.
- The Mental Health Journal is a rigorously peer-reviewed scholarly publication dedicated to advancing the field of mental health research.

Why Keep a Mental Health Journal?

1- IT HELPS TO MANAGE STRESS.

Journaling can lower your stress levels by acting as an emotional release of negative feelings and fears

2- IT REDUCES ANXIETY.

When your thoughts make you anxious, putting them on paper makes it easier to reflect and see patterns.

3- IT IDENTIFIES TRIGGERS.

Daily journaling can help you detect possible triggers of panic attacks or flashes of anger to avoid them in the future.

4- IT TRACKS SYMPTOMS OF DISORDERS.

Journaling can help to prevent severe mental illnesses like depression by identifying their first signs.



📖 How to Start a Mental Health Journal

The only way to get all the benefits of a mental health journal is to be consistent. This means making journaling a **daily habit** rather than an occasional hobby.

We've created the following guide to ensure you can successfully incorporate journaling into your everyday routine.



1. Find a Format

You can write down your thoughts in a notebook, in Google Docs, or use an app like Reflectly or Happyfeed.



2. Write regularly

Consider putting aside the same time every day to spend on journaling, for example, before going to bed.



3. Reread your notes

Track your progress and get valuable insights into how to overcome life challenges in the future.



4. Avoid judgments

Remember that your diary is a judgment-free zone where you can allow yourself to write freely.



5. Improve Your entries daily

Learning how to reflect on your emotions and experience takes time. To improve your entries, try using journal prompts.

💡 Tips for Effective Journaling.

- Keep a list of your favorite journal prompts

Next time you face writer's block, use them.

- Pretend that you are writing to somebody

Many people struggle with journaling because it feels like talking to yourself. Imagine you're writing to someone you admire, someone who hurt you, your inner child, etc.

- Keep your expectations realistic

Sometimes you might only write a single line not three pages, and that's alright.



Mental Health Journal Template for Beginners

1. Mental Health Symptom Tracker

The first section of our template includes a list of emotional and physical symptoms:

- Sadness.
- Isolation.
- Lack of interest in hobbies.
- Anxiety.
- Insomnia.
- Headache.
- Fatigue.



2. Gratitude

In this section, we ask you to write at least five things you are grateful for daily. These can be really small things. Start by asking yourself: "What makes me feel good?"

Today I feel grateful for:

- A new TV show on Netflix, "The runner I turned pretty"
- Mom gave me a ride to college.
- Great energy in my Philosophy class!
- Not having to go to work tonight.
- Office starting for a daybreak.

3. Daily Update

Things that went well

- I've finished my section for the history group project.
- I drove myself to college for the first time.
- I baked a cake for Lana's Birthday.

Things that bothered me

- Other drivers made me anxious.
- My insomnia is getting worse.

What can I do about it?

- Take more driving lessons and explore alternative quieter routes from home to college.
- I don't know...

4. List of Accomplishments

The last section of our template is dedicated to the things you feel proud of. On days when you feel useless, you can go back to your "I am proud of lists" and be reminded of all that you have achieved.

Today I am proud of:

- Receiving a compliment from my classmate.
- Making a tasty sandwich for lunch.
- Being there for my friend when she needed me.
- Participating in a class debate, even though public speaking makes me nervous.

Best Mental Health Journaling Techniques

Some other journaling techniques that can greatly benefit your mental health are:

Brain dump

Brain-dumping is an easy technique that involves writing down every little thing swirling in your head to clear and organize your thoughts.

Mind map

A mind map is a visual representation of one central concept linked with related elements. A mind map can help you deal with even the most overwhelming feelings.

Feelings wheel

A feelings wheel is a powerful tool for exploring your emotions. You start with the core one, put it into the center, and then identify more specific ones.

Unsent letters

Writing unsent letters is a form of self-care that encourages you to address someone you don't feel like talking to directly or perhaps someone you lost.

A word a day

This format needs you to characterize your day with one word to vent your feelings, let things go, and move on.

30 Mental Health Journal Prompts

On days when you don't know what to write about, try using journaling prompts as a starting point. Some ideas include:

1. What do you appreciate the most about your personality?
2. What values do you consider to be important in life?
3. Who can you trust with your most painful feelings?
4. How do you express your self-care?
5. What do you fear the most?
6. How do you like to spend time by yourself?
7. Do your life goals reflect your desires?
8. What three changes can improve your life?
9. What events turned you into who you are today?
10. What does love mean to you?
11. What emotions do you find hardest to accept?
12. What parts of your daily routine can cause you stress or sadness?
13. Where do you feel the most comfortable and peaceful?
14. Which aspects of your life are you most grateful for?
15. What helps you feel focused and motivated?
16. What do you find exciting about the future?
17. What do you value most in relationships?
18. What part of your workday do you most enjoy?
19. When do you feel most at peace with yourself?
20. When you look in the mirror, what do you see?
21. What are the things in your home that are the most "you"?
22. What are simple pleasures in your life you're thankful for?
23. If your best friend described you, what would they say?
24. What emotions do you want to let go of?
25. What is one past failure that you can now identify as a gift?
26. How can you improve your self-care?
27. What is your saddest memory?
28. What advice would you give your younger self?
29. What makes you feel fulfilled?
30. What do you need right now?



Research shows that a mental health journal can help get your life back on track, whether you're struggling with relationships, academic performance, future goals, or staying organized.

The best part about journaling is that you can start whenever you want. You can write in your notebook, in Google docs, on mobile apps, or do voice recordings. There are loads of printable templates available online for free. You're the one who decides what format brings you the most joy! This is your sign to start journaling today, to gain control of your emotions and improve your mental health. However, if you've been practicing mental health journaling for some time and are still struggling, we recommend seeking help from a professional.

References

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5. [64 Journaling Prompts for Self-Discovery | Psych Central](#)
6. [11 Gratitude Journal Prompts to Practice Daily – 2022](#)

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