



Writing Things Down

Writing things down, by using a journal or a diary, can help you to defuse a situation that you have kept inside you. Some children use journals as a way of sharing difficult feels, expressing words that they would not be able to say out loud. Others use journals to track their mental health, highlighting the good days and the bad so that they learn more about themselves and their mental health.

Here are three examples:

Example 1: Gratitude journaling

1. I am healthy enough to run.
2. I adopted two little dogs who make me laugh.
3. I am reading an interesting book.
4. My work is difficult, and this stimulates me.
5. We bought a heater so that our house isn't cold.

Example 2: Doodling and colouring

• **Doodling**

Take a fine black pen and start either in the middle of the page and work your way out, or start in one corner and move to the opposite diagonal corner. While doodling, you can reflect on the same gratitude instruction used above or you can focus on the doodles and making the lines connect. There is no wrong option here.



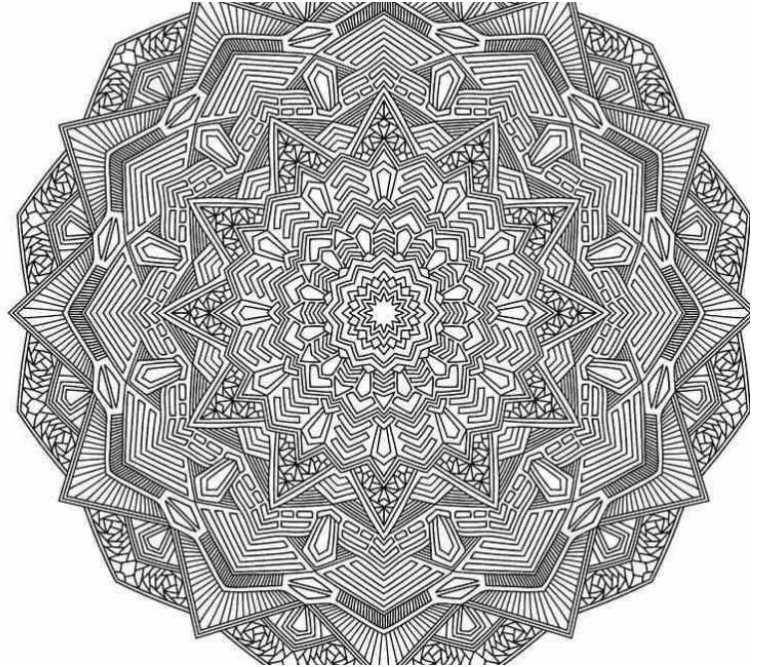
- **Colouring**

Print out an image, stick in your journal and colour it in, or colour your doodle. Good images to colour are those that are very detailed with many empty compartments.

Mandalas are an excellent example of intricate images to colour. If you feel very adventurous, you could try to draw your own mandala to colour.

Mandalas to print:

<https://mondaymandala.com/m/>



- **Example 3: Exercises to check in**

'Checking in' means that you take a moment to check your progress on a task/goal, your feelings and reflect on what has happened.

One way to use a check-in is to specify your goals for the week in your journal and then at the end of each day, you reflect on how much progress you have made toward that goal.

You could also jot down hurdles you encountered and describe how you overcame them.

As an example, you might often feel anxious when you have lots of tasks to complete and don't want to forget about them. Although this is a stressful feeling, writing down the list and prioritizing the items is very useful. Try!