

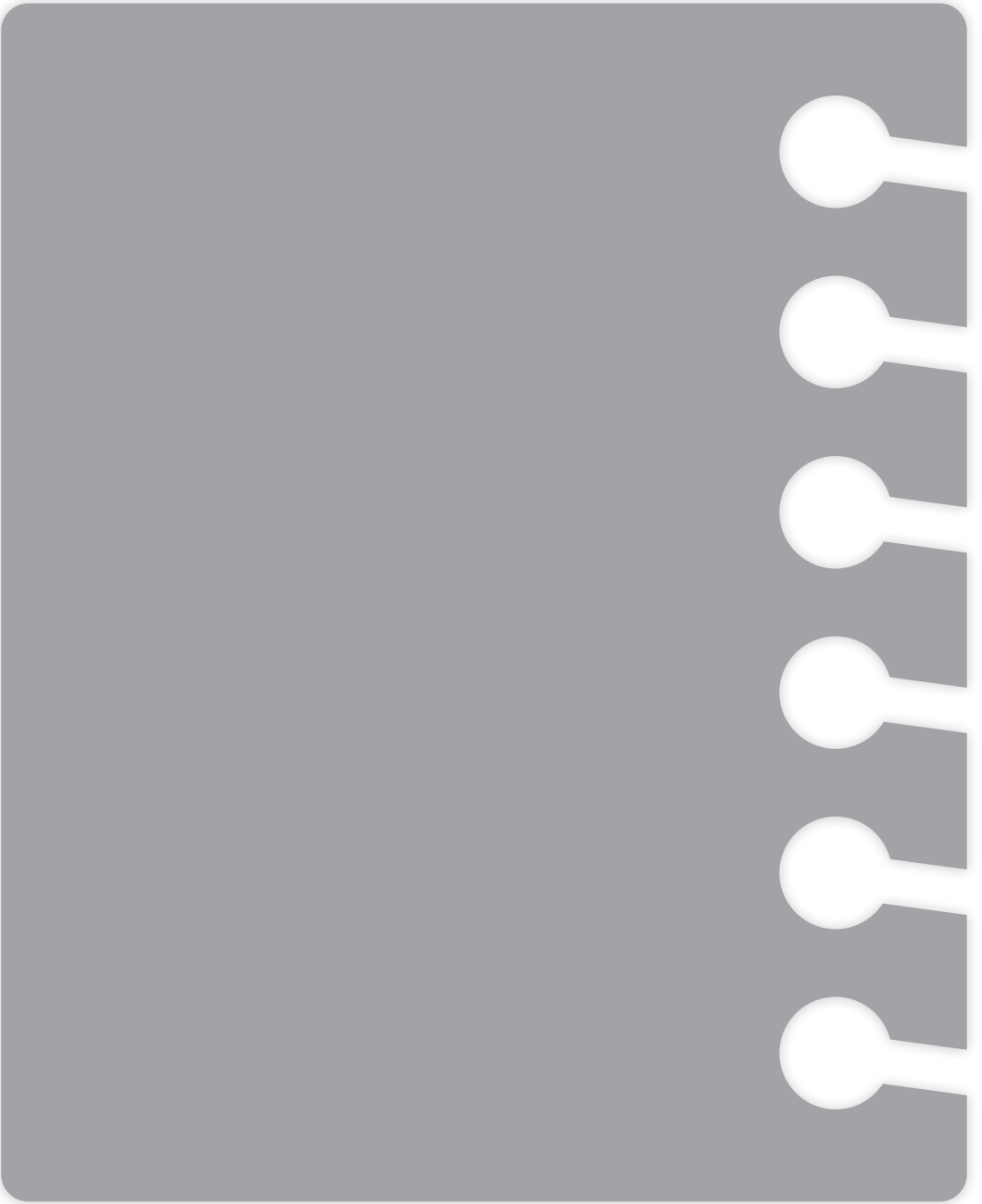


# MY JUST TALK JOURNAL

**Talking Shows Strength**



[healthyyoungmindsinherts.org.uk/justtalk](http://healthyyoungmindsinherts.org.uk/justtalk)



www.mhman



## ABOUT YOUR JOURNAL

### What is Just Talk?

Just Talk is a campaign all about our **mental health**. We all have mental health. We should be able to talk about it in the same way we talk about **physical health**.

Ups and downs are a normal part of our lives and it shows **strength** to talk about how you are feeling when things are a little tough.

Talking to people you trust like a parent, friend or teacher or asking for help is a great way to look after your own mental health – as if you keep things to yourself sometimes things can get harder.

Writing things down is also a great way to help yourself feel better when you are feeling worried.

### How to use your journal?

We all have good days and bad days. Although it is best to talk to someone we trust about how we feel, writing things down is also a good (and EASY) way to express how we feel.

This is YOUR journal to write YOUR thoughts and feelings in. You can write in here every day or whenever you feel like you need to. It is private so nobody else can see it and more importantly it is FUN!

# ALL ABOUT ME

Draw yourself



**My name is:** \_\_\_\_\_

**I was born on:** \_\_\_\_\_

**My hobbies are:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**My best friend is:** \_\_\_\_\_

**3 things that make me happy:**

□ \_\_\_\_\_  
□ \_\_\_\_\_  
□ \_\_\_\_\_

**3 things that make me sad:**

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**3 people I can talk to about anything:**

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□ \_\_\_\_\_  
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# COPING SKILLS AND WHAT TO DO IF I AM FEELING WORRIED

## What is a coping skill?

Coping skills are methods you might use to deal with stressful situations or when you feel upset.

## 5 Ways to Wellbeing

5 ways of wellbeing is a great coping skill. These are simple things that we can all do to help ourselves feel better when we feel sad and improve our emotional health and wellbeing.



1. **Connect** – Message a friend. Spend time with friends and family. Enjoy being with other people.



2. **Be Active** – Go for a walk. Play your favourite sport. Go for a bike ride.



3. **Take Notice** – Take a deep breath. Relax and look around you. Listen to some music.



4. **Keep Learning** – Try something new. Try a new hobby, or learn about something just because it interests you.



5. **Give** – Do something for a friend or family member, as well as making them feel good, it can make you feel good too!

## What I like to do if I am feeling worried

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**Date:** \_\_\_\_\_

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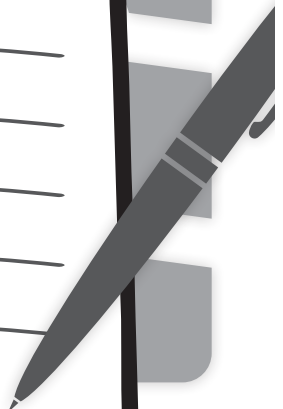
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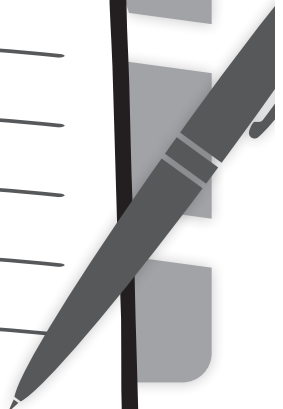
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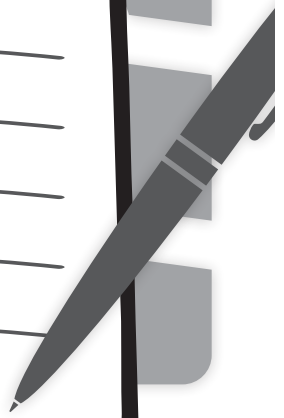
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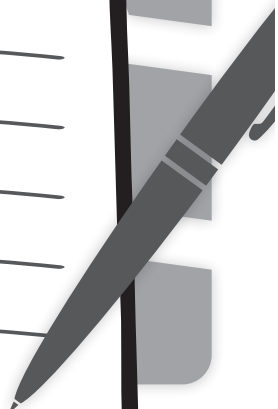
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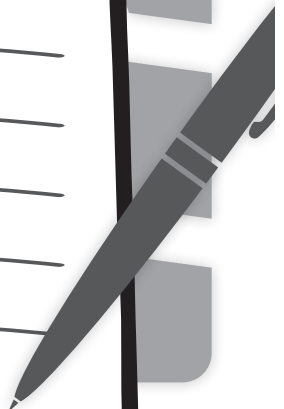
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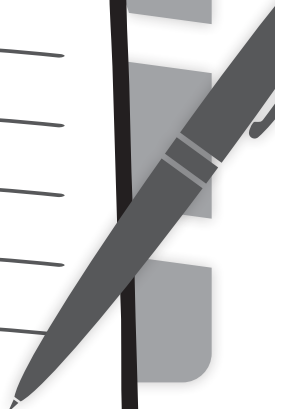
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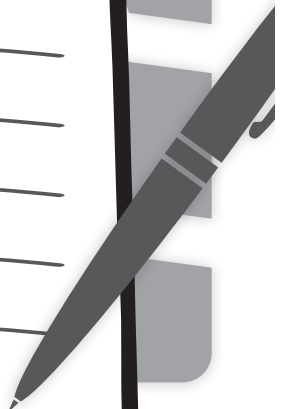
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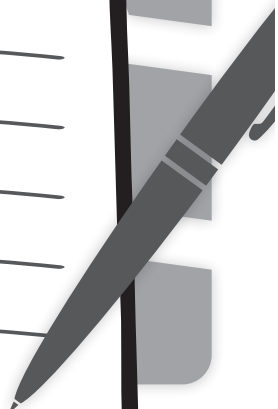
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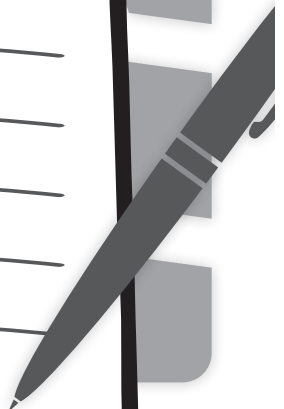
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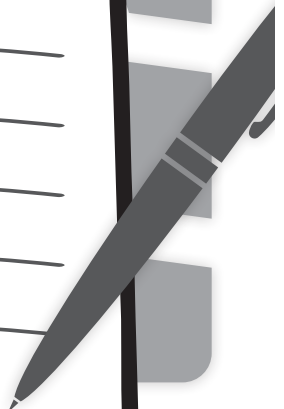
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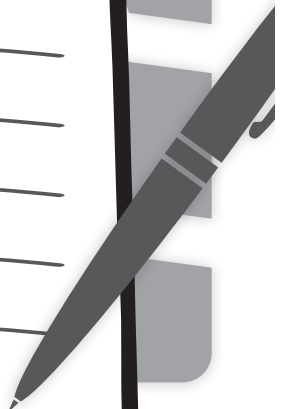
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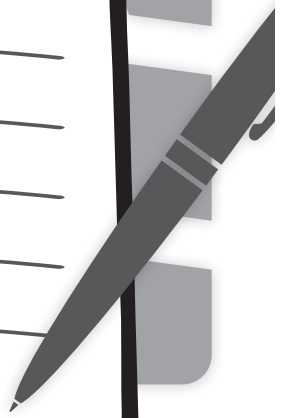
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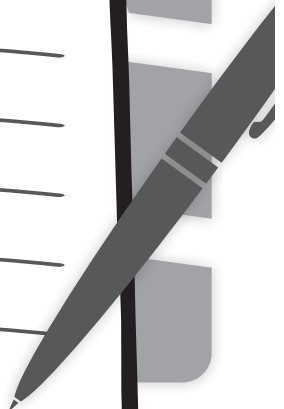
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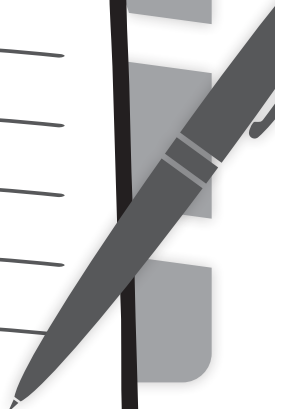
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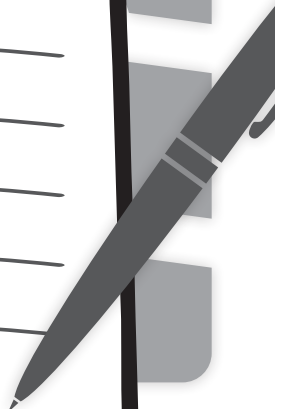
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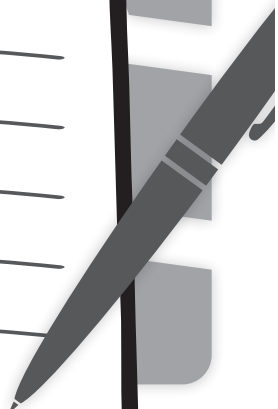
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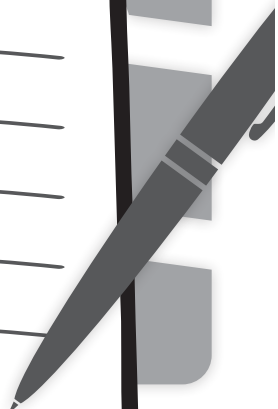
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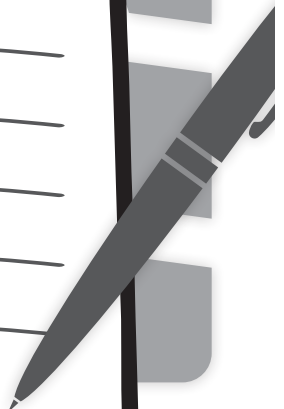
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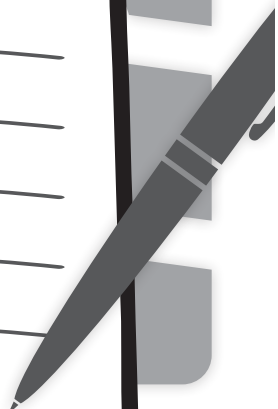
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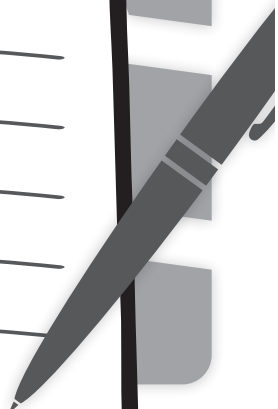
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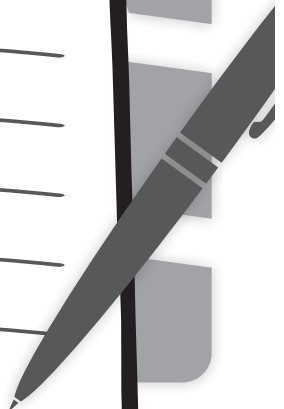
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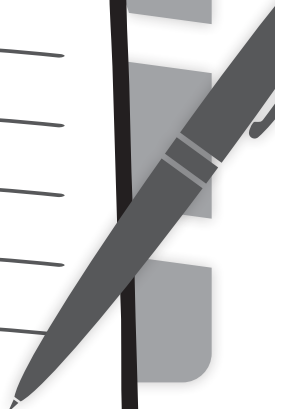
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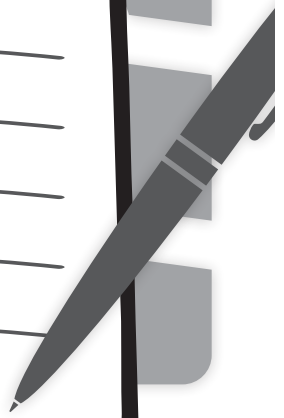
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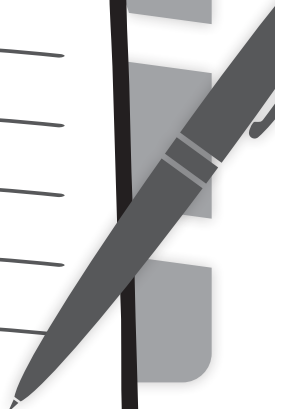
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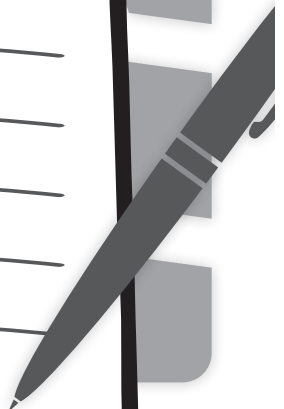
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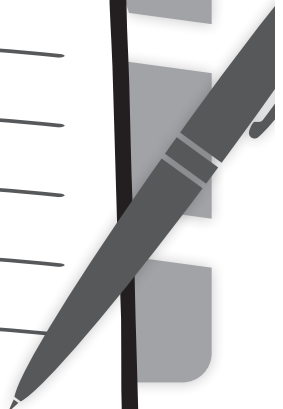
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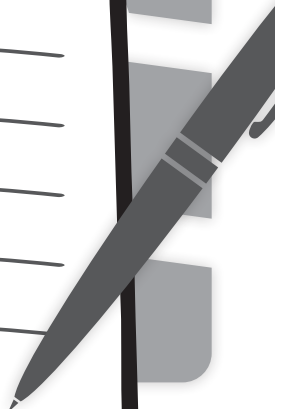
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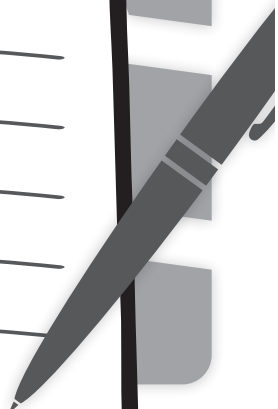
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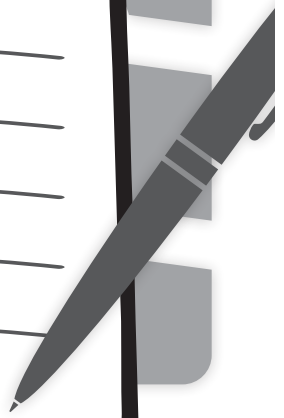
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**Why did this worry me?**

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**Tomorrow will be a great day because...**

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*Colour in your mood*



**Date:** \_\_\_\_\_

**3 things that went well today...**

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**The best part about my day was...**

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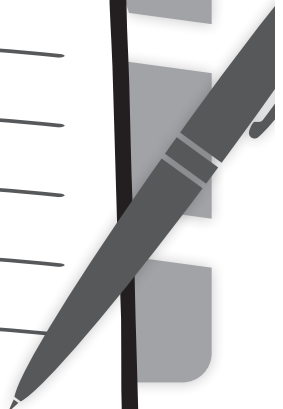
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**What worried me today...**

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**Tomorrow will be a great day because...**

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*Draw your day - draw a picture that best describes your day.*



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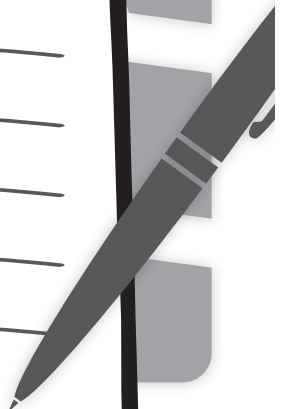
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**What worried me today...**

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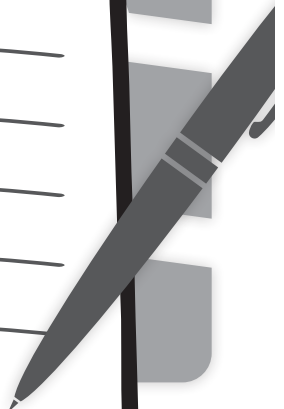
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**The best part about my day was...**

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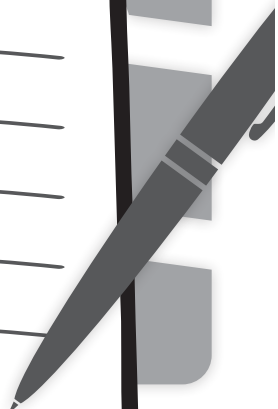
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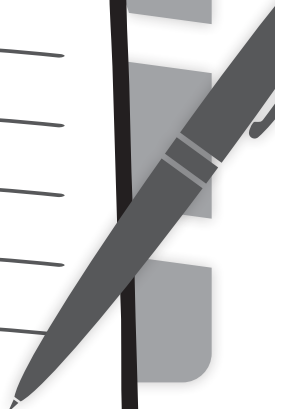
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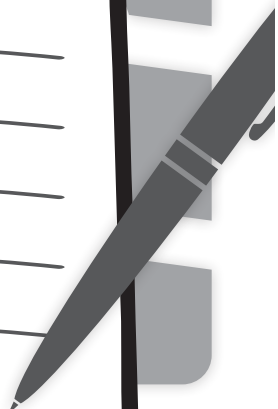
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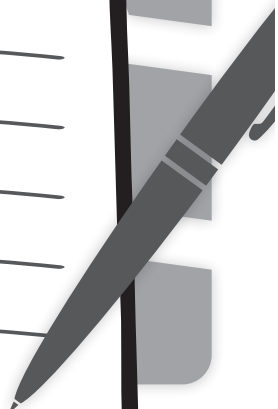
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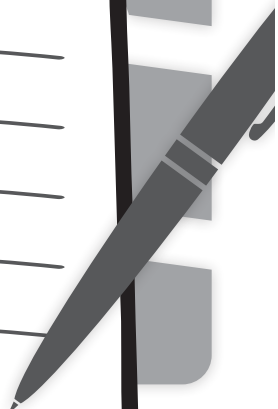
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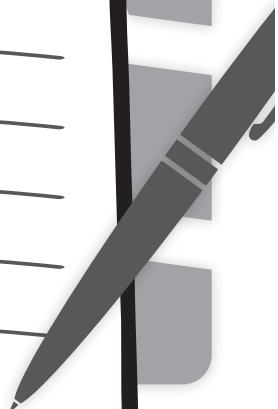
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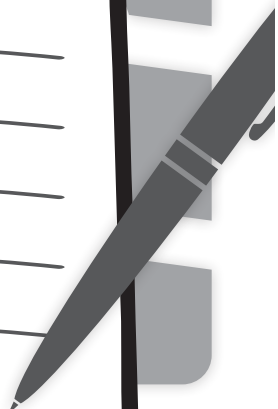
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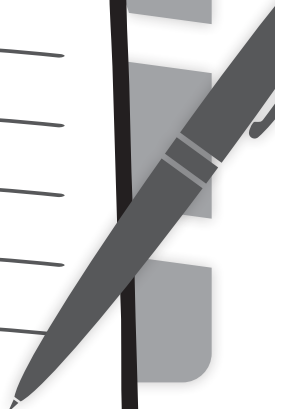
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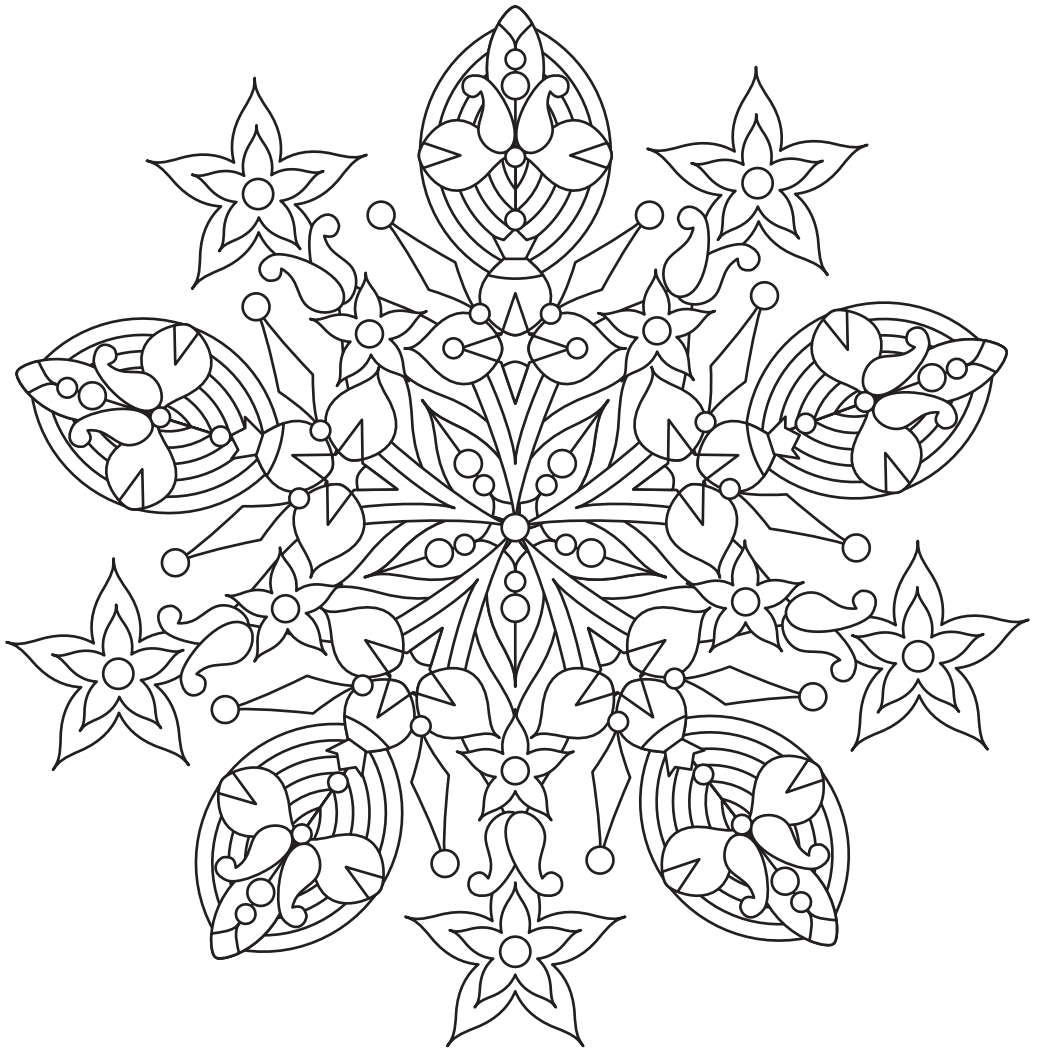
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Talking  
Shows  
Strength



#justtalk

We all have mental health







Be happy

**NOTES:**

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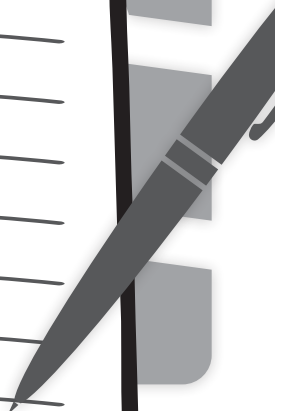
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*mmmmmmmm*

**NOTES:**

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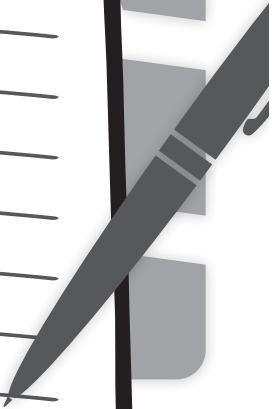
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**NOTES:**

A series of horizontal lines for writing notes, consisting of approximately 20 evenly spaced lines across the page.



*wavy scribbled line*

**NOTES:**

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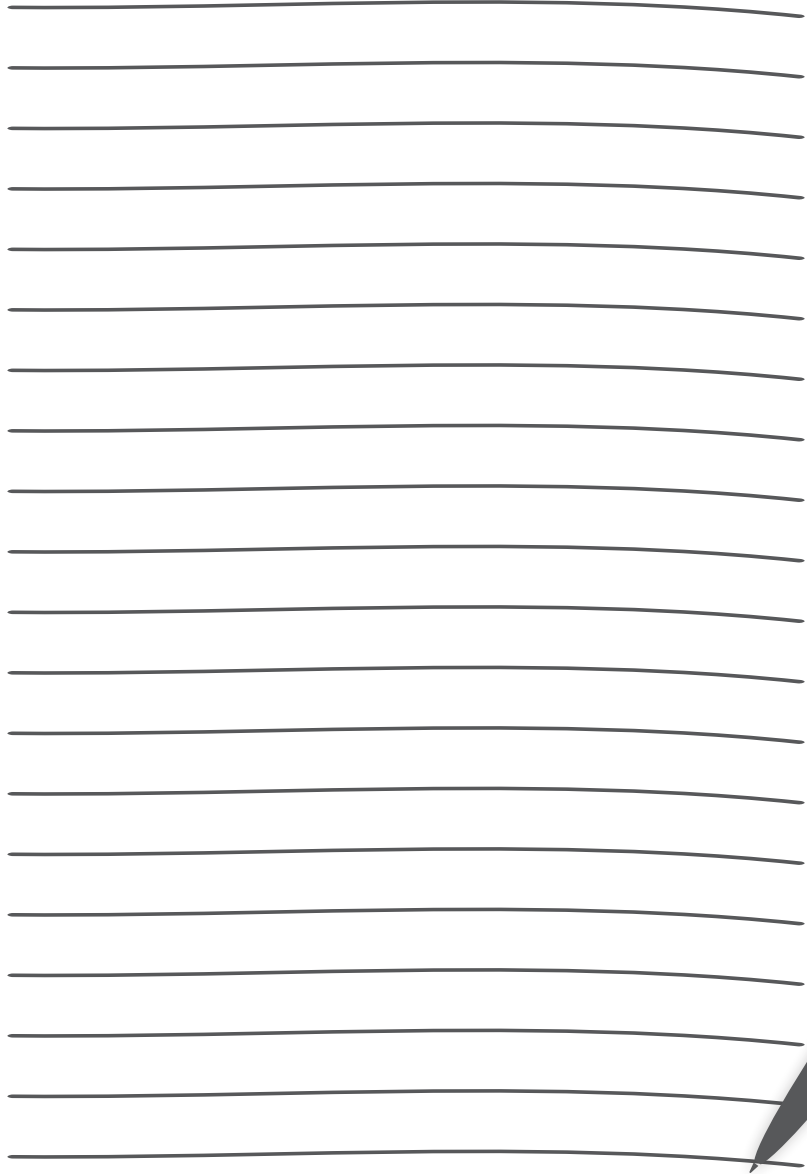
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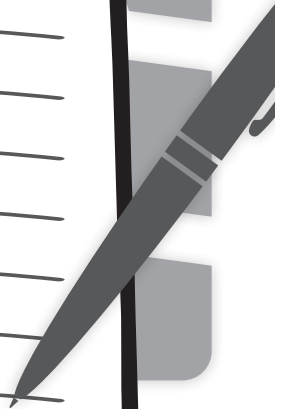
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**NOTES:**



A series of 20 horizontal lines for writing notes. The lines are evenly spaced and extend across most of the page's width.







This journal has been designed by Welwyn Hatfield Borough Council and Healthy Minds in Herts **#JustTalk** Campaign.