

Feelings Journal

Instructions: Keep track of how you are feeling over the next several days. Then, identify healthy ways to help manage your feelings. You will also identify a mental health role model and two trusted adults you can talk to about your feelings.

Day 1

I felt _____

Where was I? _____

What was I doing? _____

Who was I with? _____

I felt _____

Where was I? _____

What was I doing? _____

Who was I with? _____

I felt _____

Where was I? _____

What was I doing? _____

Who was I with? _____

Day 2

I felt _____

Where was I? _____

What was I doing? _____

Who was I with? _____



I felt _____

Where was I? _____

What was I doing? _____

Who was I with? _____

I felt _____

Where was I? _____

What was I doing? _____

Who was I with? _____

Day 3

I felt _____

Where was I? _____

What was I doing? _____

Who was I with? _____

I felt _____

Where was I? _____

What was I doing? _____

Who was I with? _____

I felt _____

Where was I? _____

What was I doing? _____

Who was I with? _____

Day 4

I felt _____

Where was I? _____

What was I doing? _____

Who was I with? _____

I felt _____

Where was I? _____

What was I doing? _____

Who was I with? _____

I felt _____

Where was I? _____

What was I doing? _____

Who was I with? _____

There is not just one healthy way to express and manage feelings. What works for one person might not work for another. Listed below are different ways to manage and express your feelings in a healthy way. You can add your own ideas to the list too. Try a few and see what works best!

- Writing
- Art
- Music
- Physical activity
- Crying
- Talking with friends
- Talking with a trusted adult
- _____
- _____
- _____

Who is one person you consider a role model that demonstrates positive mental and emotion health by managing and expressing their feelings in a healthy way?

Who are two trusted adults that you can talk to about your feelings or any mental health concerns that you may have?

1. _____

2. _____

