

## **50 Mental Health Journal Prompts**

- 1) What activities bring you the most joy and fulfillment?
- 2) What is something you did that you are proud of?
- 3) If you had the opportunity, What is the one piece of advice you would give your younger self?
- 4) What is the first symptom you notice when you feel anxious/stressed or depressed?
- 5) Name 3 positive qualities about yourself?
- 6) What is something you have overcome?
- 7) List 10 things that put a smile on your face.
- 8) What do you think your life would look like if you didn't have anxiety/low self-esteem/depression?
- 9) What is your favourite form of self-care?
- 10) What is one small step you can take today to work towards a personal goal or dream?
- 11) What three things you accomplished this week that you are proud of?
- 12) What is one negative thought you have about yourself that you can challenge with a positive thought?
- 13) Write down what thoughts and feelings come to mind when you listen to your favourite piece of music.
- 14) Write about a time you felt anxious/sad/stressed/depressed. What helped get you through it?
- 15) List your favourite coping strategies
- 16) Write about what the most important thing to you is.

- 17) Write down 3 coping strategies you can put into practice when you are feeling anxious/stressed/depressed...etc.
- 18) I am...
- 19) What are some experiences from your past that have shaped who you are today, and how have they influenced your beliefs and attitudes?
- 20) What challenges did you face today? How did you overcome them? What can you learn from these experiences?
- 21) I am feeling...?
- 22) I secretly wish I could ...?
- 23) What is the bravest thing you've ever done?
- 24) What did you do today that brought you joy or fulfillment? How can you incorporate more of these activities into your daily routine?
- 25) I wish I could control...?
- 26) Name 5 things you were grateful for today?
- 27) What one word could be used to best describe you?
- 28) I feel calm and relaxed when I ...?
- 29) What are 5 things you can do this week to improve your mental health?
- 30) List 3 things that trigger your anxiety/low self-esteem/stress/depression. Why do you think they do that?
- 31) List 5 negative things you think about yourself and why they are *not* true.
- 32) Write an open letter to your anxiety/depression/low self-esteem. What would you say to it?
- 33) What is your favourite way of relaxing? When did you last put it into practice?

- 34) Write about the last time you took yourself for a walk. What did you do? Where did you go? What did you see? How did you feel?
- 35) Where do you feel most safe? ...and Why?
- 36) What are some patterns of behaviour or thoughts that hold you back? How can you work to break those patterns?
- 37) What negative messages did you receive growing up that still affect you to this day?
- 38) When you look in the mirror, what do you see?
- 39) Write about the benefits of journaling and why you would benefit from adding it to your daily routine.
- 40) How can you prioritize self-care to reduce stress?
- 41) List 3 things you can do to distract yourself when you are feeling anxious.
- 42) Name something that is difficult but that you were able to overcome.
- 43) If your depression/stress/anxiety was an animal, what animal would it be and why? What characteristics of this animal do you most admire?
- 44) What are some healthy coping mechanisms you can use to manage stress?
- 45) How would your life be better if you did not have anxiety/stress/low self-esteem/depression?
- 46) If you could develop one new skill overnight, what would it be and why?
- 47) Develop a bucket list of 5 things you would like to accomplish over the next year.
- 48) How do you respond to compliments?
- 49) Imagine a miracle happened and you woke up one day with a new life. What would this mean to you? What would be different? What would stay the same?
- 50) Write about one thing you look forward to every day.