

50 Mental Health Journal Prompts

Explore your thoughts - Reflect - Heal

Welcome to Your Mental Health Journal Prompts

Journaling is more than just writing, it's a powerful tool for self-care, self-reflection, and emotional clarity. Turning thoughts into words helps us make sense of emotions that might otherwise stay tangled and hidden. It can help us notice patterns, process emotions, and connect more deeply with ourselves.

These 50 prompts are designed to support your mental wellbeing by encouraging reflection, self-discovery and a sense of calm. They're here to help you express what's on your mind, explore your hopes and dreams and gently untangle any worries or self-doubt.

There's no right or wrong way to journal. Write as much or as little as you like. You can dip in and out, revisit prompts that speak to you or work through them at your own pace. However you use them, these prompts are yours.

1. What activities bring you the most joy and fulfillment?
2. What is something you did recently that you are proud of?
3. If you had the chance, what one piece of advice would you give your younger self?
4. What is the first symptom you notice when you feel anxious, stressed or low?
5. Name three positive qualities about yourself.
6. What is something significant you have overcome?
7. List 10 things that put a smile on your face.
8. What do you think your life would look like without anxiety, low self-esteem or depression?
9. What is your favourite form of self-care?
10. What is one small step you can take today toward a personal goal or dream?
11. What are three things you accomplished this week that you are proud of?
12. Identify one negative thought you have about yourself and challenge it with a more positive or realistic one.
13. Write down the thoughts and feelings that come to mind when you listen to your favourite piece of music.
14. Describe a time you felt anxious, sad, stressed or depressed. What helped you get through it?
15. List your favourite coping strategies.

16. Write about what matters most to you in life.
17. Name three coping strategies you can use when feeling anxious, stressed or low.
18. Complete this sentence: *I am...*
19. What past experiences have shaped who you are today? How have they influenced your beliefs and attitudes?
20. What challenges did you face today? How did you overcome them? What did you learn?
21. How am I feeling right now?
22. What is one secret wish you have?
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 bring more of that into your life?
25. What is one thing you wish you could control?
26. Name five things you are grateful for today.
27. What one word best describes you?
28. I feel calm and relaxed when I...
29. What are five things you can do this week to support your mental health?
30. List three things that trigger your anxiety, stress or low self-esteem. Why do you think they affect you?
31. List five negative beliefs you hold about yourself and explain why they're not true.
32. Write an open letter to your anxiety, depression or low self-esteem. What would you say?
33. What is your favourite way to relax? When did you last practice it?
34. Write about the last time you went for a walk. Where did you go? What did you see? How did you feel?
35. Where do you feel most safe and why?
36. What patterns of thought or behaviour tend to hold you back? How could you begin to change them?
37. What negative messages did you receive growing up that still affect you today?
38. When you look in the mirror, what do you see?
39. What are the benefits of journaling for your mental health? Why might it help to make it a habit?

40. How can you prioritise self-care in the week ahead?
41. List three helpful distractions you can turn to when you're feeling anxious.
42. Name something difficult you've been through and how you overcame it.
43. If your anxiety or depression were an animal, what would it be and why? What qualities of that animal do you admire?
44. What are some healthy coping mechanisms you can use to manage stress?
45. How would your life be different without anxiety, stress or depression?
46. If you could develop one new skill overnight, what would it be and why?
47. Create a short bucket list: five things you'd love to accomplish this year.
48. How do you usually respond to compliments?
49. Imagine a miracle happened and you woke up with the life you want. What would this mean to you? What would be different? What would stay the same?
50. Write about one small thing you look forward to each day.

Journaling is a personal journey and a form of self-care. Some days will bring clarity and others may bring challenges - that's okay. Every word you write is a step toward greater understanding and healing.

If you find certain prompts especially helpful, consider making journaling a regular habit. Over time, you might notice new insights, shifts in perspective and increased resilience.