



MAY 2025

Your Mental Health Companion

A Workbook for
Self-Reflection,
Growth, and Support

Presented by [klewshare.org](https://www.klewshare.org)



DISCLAIMER

This workbook is not a substitute for professional mental health care.

Please consult a licensed therapist or healthcare provider for medical advice or treatment. The tools and activities within are intended for self-reflection and general support, not diagnosis. Always seek the advice of a qualified professional with any questions you may have regarding a mental health condition.

*Kwilsontheauthor*TM
for klewshare.org

LET'S GET STARTED!



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INSPIRATION

**“YOU DON’T
HAVE TO
CONTROL**

your thoughts

**YOU JUST HAVE
TO STOP LETTING**

them

CONTROL YOU.”

— DAN MILLMAN

CHANGE WELCOME TO POSITIVE CHANGE WELCOME TO POSITIVE CHANGE WELCOME TO POSI

Welcome

LET'S GET STARTED

Welcome to Your Mental Health Companion. This workbook is a space for you to explore your mental well-being, build self-awareness, and strengthen your resilience. It's designed to help you reflect, grow, and reconnect with yourself in an intentional and supported w

VE APPROACH TO MENTAL HEALTH A POSITIVE APPROACH TO MENTAL HEALTH A POSITIVE

How To Use This Workbook:

Use this workbook at your own pace. Some may prefer daily journaling, others may benefit from weekly check-ins. Choose a quiet space, bring a pen, and let each section guide you toward greater understanding and self-care.

CAN DO IT! YOU CAN DO IT! YOU CAN DO IT! YOU CAN DO IT! YOU CAN DO IT! YOU CAN DO IT! YOU CAN DO IT! YOU CAN DO IT! YOU CAN DO IT! YOU CAN DO IT!

INSPIRATION

“WHAT MENTAL HEALTH
NEEDS IS
MORE SUNLIGHT,
MORE CANDOR,
and
MORE UNASHAMED
CONVERSATION.”

— GLENN CLOSE

CHAPTER 1



UNDERSTANDING YOUR MENTAL HEALTH

The Goal:

Understanding what mental health means to you personally.

UNDERSTANDING YOUR MENTAL HEALTH

There are two questions that you need to ask yourself as you begin this journey:

- What does "mental wellness" mean to you personally?

- How do you know when you're mentally and emotionally well?

Do you know how to recognize signals that your mental health needs a little more attention? Here's a suggested checklist:

Mark any that apply:

- Trouble sleeping or sleeping too much
- Loss of interest in activities
- Excessive worrying
- Irritability or mood swings
- Difficulty concentrating
- Feelings of hopelessness or helplessness



**DO
MORE
OF
WHAT
MAKES
YOU
HAPPY.**

Did you know that there are helpful online screening tools, brochures, and fact sheets that can help you determine the state of your mental health?

Mental Health America Screening Tools:

<https://screening.mhanational.org/screening-tools/>

National Institute of Mental Health:

<https://www.nimh.nih.gov/health/publications>

Google Health's Self-Assessment Tools:

<https://health.google/consumers/self-assessments/>

Beyond Blue's Online Mental Health Check:

<https://www.beyondblue.org.au/mental-health/what-is-mental-health>



These tools are not diagnostic:

Self-screening tools can provide valuable insights, but they should not be used to self-diagnose or substitute professional medical advice.

Professional evaluation is crucial:

If you are concerned about your mental health, it's essential to consult with a qualified healthcare professional for a proper assessment and treatment plan.

Access to mental health services:

These tools can help individuals identify potential issues and encourage them to seek professional help.

Activity: Self-Rating

On a scale from 1 to 10,
rate how you currently
feel in the following areas:

- Emotionally: __/10
- Mentally: __/10
- Physically: __/10



INSPIRATION

*“Almost
everything will
work again if you
unplug it for a few
minutes... including
you.”*

— ANNE LAMOTT

CHAPTER 2



BUILDING A SELF-CARE FOUNDATION

The Goal:

Crafting your personal self-care foundation to develop healthy mentally engaging habits.

Developing

A SELF-CARE INVENTORY

Here's a little experiment for a week that can help you self-assess for healthy habits:

Day 1 : Check off the items you've done this week:

- ☐ Drank enough water
- ☐ Ate a nutritious meal
- ☐ Took a walk or stretched
- ☐ Got fresh air
- ☐ Talked to a friend
- ☐ Meditated or prayed

Day 2 : Check off the items you've done this week:

- ☐ Drank enough water
- ☐ Ate a nutritious meal
- ☐ Took a walk or stretched
- ☐ Got fresh air
- ☐ Talked to a friend
- ☐ Meditated or prayed

Day 3 : Check off the items you've done this week:

- ☐ Drank enough water
- ☐ Ate a nutritious meal
- ☐ Took a walk or stretched
- ☐ Got fresh air
- ☐ Talked to a friend
- ☐ Meditated or prayed

CONTINUING YOUR SELF-CARE INVENTORY

Day 4 : Check off the items you've done this week:

- [] Drank enough water
- [] Ate a nutritious meal
- [] Took a walk or stretched
- [] Got fresh air
- [] Talked to a friend
- [] Meditated or prayed

Day 5 : Check off the items you've done this week:

- [] Drank enough water
- [] Ate a nutritious meal
- [] Took a walk or stretched
- [] Got fresh air
- [] Talked to a friend
- [] Meditated or prayed

Day 6 : Check off the items you've done this week:

- [] Drank enough water
- [] Ate a nutritious meal
- [] Took a walk or stretched
- [] Got fresh air
- [] Talked to a friend
- [] Meditated or prayed

Day 7 : Check off the items you've done this week:

- [] Drank enough water
- [] Ate a nutritious meal
- [] Took a walk or stretched
- [] Got fresh air
- [] Talked to a friend
- [] Meditated or prayed

DAILY AND WEEKLY

Emotional Audits:

On a daily basis try to fill-in the blanks at the beginning and end of the day:

Morning Check-ins:

- Today I feel: _____
- My intention is: _____

Evening Check-ins:

- One thing I'm grateful for: _____
- One thing I accomplished: _____

Activity: Create Your Coping Toolbox

List three coping strategies that work for you:

1. _____

2. _____

3. _____

Helpful Apps:

[Insight Timer](#)

[MoodMission](#)

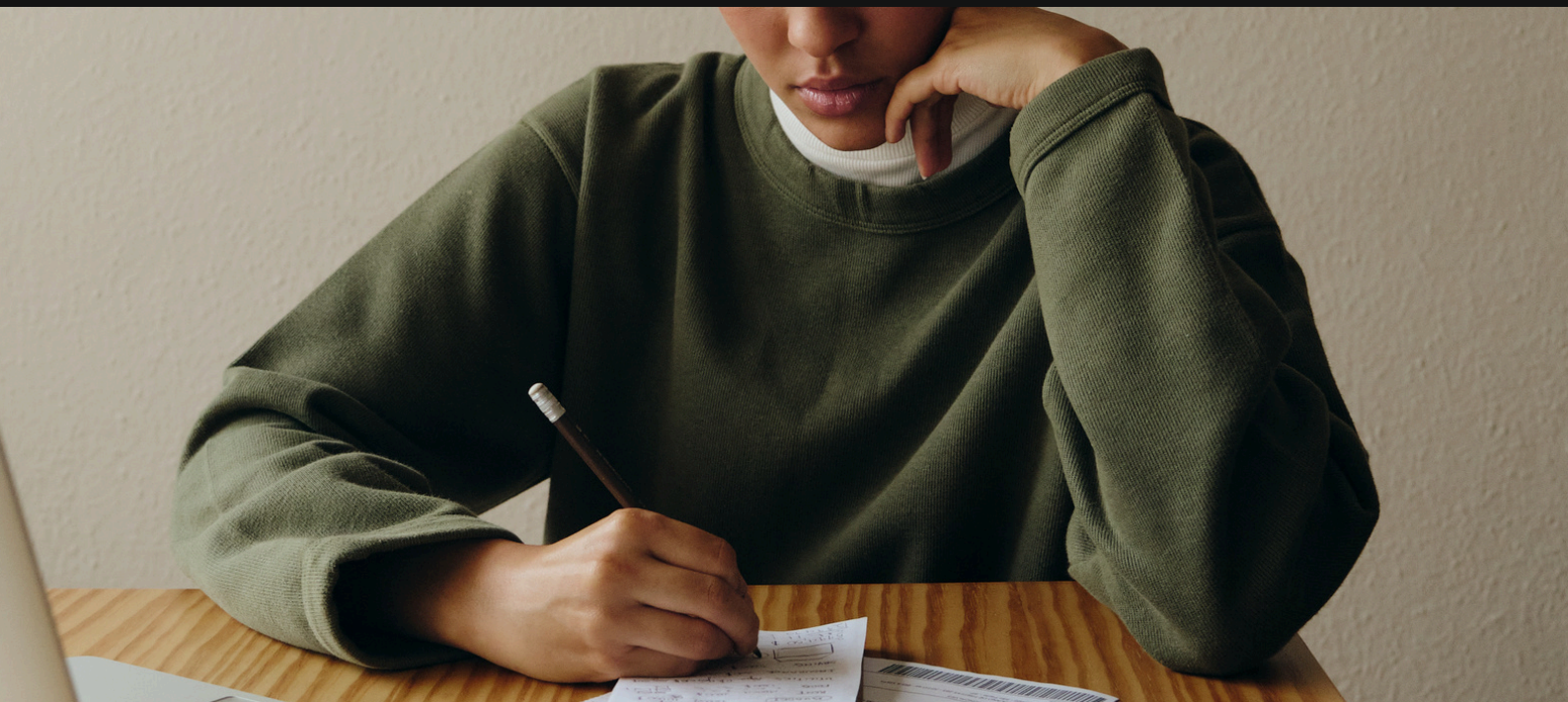
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INSPIRATION

**“YOU DON’T
HAVE TO
BELIEVE
EVERYTHING
YOU THINK.”**

— UNKNOWN

CHAPTER 3



MANAGING EMOTIONS AND THOUGHTS

The Goal:

Framing and re-framing your thoughts for
a healthier mind.

Do you know how to identify **COGNITIVE DISTORTIONS?**

Cognitive distortions are biased or irrational ways of thinking that can reinforce negative emotions and beliefs. They often appear automatically and can lead to unhelpful patterns such as self-doubt, anxiety, or depression. Learning to recognize and reframe these thoughts is a key step in improving mental well-being.

Common distorted thinking patterns include:

- All-or-nothing thinking
- Catastrophizing
- Mind reading
- Overgeneralization

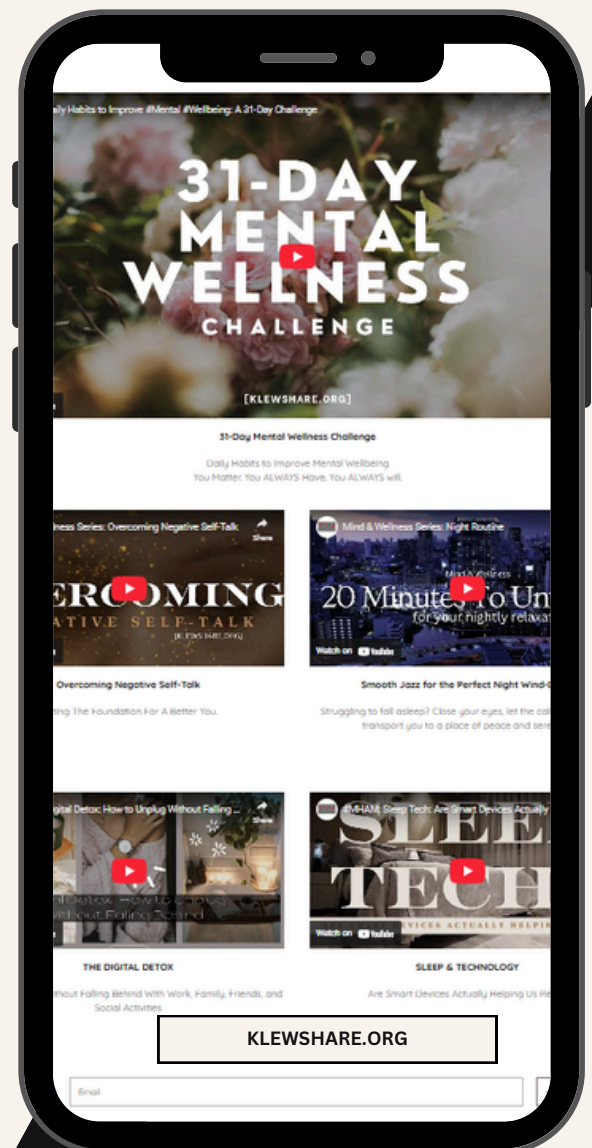
ACTIVITY: REFRAME NEGATIVE THOUGHTS

Original thought:

What evidence supports it?

What would a friend say?

Reframed thought:



RESOURCES:-

AI-Based Therapy Support:

- Therapist Aid
- Woebot Health

*"Connection is why
we're here;
**IT IS WHAT GIVES
PURPOSE AND
MEANING TO OUR
LIVES."***

— BRENÉ BROWN

CHAPTER 4



CONNECTION & COMMUNICATION

The Goal:

Understanding and determining safe connections and establishing healthy communication patterns



WHO ARE YOUR SAFE PEOPLE? WHAT MAKES THEM TRUSTWORTHY?

As you embark on a path of developing healthy mental habits, it's important to determine your boundaries as it relates to engaging with individuals who strengthen or weaken your emotional needs, psychological standards and mental safe spaces. Here's a simple chart to help you determine how to zone those you connect and communicate with:

Healthy versus Unhealthy Relationships	
Healthy	Unhealthy
Demonstrates Mutual Respect	Exhibits Controlling Behaviour
Promotes and Participates in Healthy Communication Habits	Defaults to Blame Games
Provides and Accepts Support	Engages in Unproductive and Unwarranted Criticism

ASKING FOR HELP...

Here's a three-step guide in asking for help:

1. Use "I" statements rather than generalizing with "people may/think/do..." type of statements.
2. Be specific: "I'm feeling overwhelmed. Can we talk?" When you do, stay focused on the topic or concern at hand and be honest with your feelings.
3. Seek professional or peer support when needed. Don't be afraid to seek advice and remember it's okay to get second, third, or even fourth opinions if you need to.

SUPPORT RESOURCES:

<https://www.nami.org/support-education/support-groups/>

<https://www.7cups.com>

INSPIRATION

"YOU MAY HAVE TO FIGHT
A BATTLE MORE THAN ONCE
TO WIN IT."

— Margaret Thatcher

CHAPTER 5



GOAL SETTING AND RESILIENCE

The Goal:

Recognizing that a healthy mind
requires setting inspiring and achievable
goals.

Setting **S.M.A.R.T. GOALS**

A S.M.A.R.T. goals are a structured way to set and achieve objectives by making them Specific, Measurable, Achievable, Relevant, and Time-bound. This method helps you clarify what you want, track your progress, stay realistic, ensure your goals support your mental well-being, and set a clear timeline for success.



S: Specific: What exactly do you want to achieve?



M: Measurable: How will you know it's done?



A: Achievable: Is it realistic?



R: Relevant: Does it matter to your mental health?



T: Time-bound: When will it be completed?

What's Your **RESILIENCE PLAN**

Setting S.M.A.R.T. Goals can help you re-define your outlook on life but it's also important to recognize that without a healthy approach to your attitude, when times get tough - as is normal in every aspect of life - there will be a need to self-determine your strength, coping skills and recognize that you have resources at your fingertips. A resilience plan is like a reminder of your inner-strength and support structure.

My safe support system:

My go-to coping skills:

Emergency contact or hotline:

WHAT HELPS YOU BOUNCE BACK AFTER TOUGH DAYS?

<https://www.happify.com>

<https://www.mindful.org>


INSPIRATION

“*Asking*

FOR HELP IS THE FIRST STEP. YOU ARE
MORE PRECIOUS TO THIS WORLD THAN
YOU’LL EVER KNOW.”

— LILI REINHART

CHAPTER 6



Ask for help.

WHEN TO ASK FOR HELP

The Goal:

Understanding when professional help is
more effective than simple self-care

WHEN TO SEEK HELP

Recognizing when to reach out for help is a powerful act of self-care. While many challenges can be managed with self-guided tools, there are times when professional support becomes essential. This section will help you identify those moments and guide you toward finding the right kind of assistance.


Everyone experiences stress, sadness, or overwhelm from time to time—but if these feelings persist or begin interfering with your ability to function, it's important to take them seriously. Seeking help isn't a sign of weakness—it's a courageous and healthy step toward healing and reclaiming balance. Whether through therapy, support groups, or crisis services, there is always support available and you are never alone.

You may want to seek help if:

- Your symptoms last more than 2 weeks
- You're avoiding daily tasks
- Friends/family express concern
- You're using substances to cope
- You've thought about harming yourself

EMERGENCY RESOURCES:

<https://www.wellnesstogether.ca>



Get Support
More than a helpline. Call, text, chat and more to get support using Kids Help Phone's 24/7 e-mental health services. For all young people in Canada.



988 Lifeline
At the 988 Suicide & Crisis Lifeline, we understand that life's challenges can sometimes be difficult. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns...



Befrienders Worldwide - Global Suicide Prevention
If you have emotional concerns that are affecting you, find a centre to call now. Support is available for yourself or someone you know.

Tips for Finding a Therapist:

- Search psychology directories (for example: Psychology Today)
- Ask about sliding scale or virtual options
- Consider cultural or faith-based compatibility

INSPIRATION

*“Keep taking
time for
yourself until
you’re you
again.”*

— LALAH DELIA

CHAPTER 7



DAILY & WEEKLY PRACTICE PAGES

The Goal:

Establish healthy routines by keeping a physical or mental track of your gratitude, emotions, mood and energy

20-DAY GRATITUDE CHECKLIST

Month:

ONE THING I AM GRATEFUL FOR TODAY:	Su	Mo	Tu	We	Th	Fr	Sa
	✓						

20-DAY EMOTIONAL CHECKLIST

Month: Rate your emotions from 1-5

TODAY I FEEL	Su	Mo	Tu	We	Th	Fr	Sa
HAPPY <u>5</u> SAD <u>4</u> ANGRY <u>3</u> CALM <u>2</u> TIRED <u>1</u>							
HAPPY <u>5</u> SAD <u>4</u> ANGRY <u>3</u> CALM <u>2</u> TIRED <u>1</u>							
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THOUGHT DIARY

TRIGGER:

THOUGHT:

EMOTION:

ALTERNATIVE RESPONSE:






MOOD AND ENERGY TRACKER

USE COLOR CODES OR NUMBERS TO REPRESENT YOUR MOOD AND ENERGY OVER TIME.

Color Codes

Assign colors to represent different emotions or energy states.

For example:

-  Green – Calm, balanced, content
-  Blue – Sad, low energy
-  Red – Angry or frustrated
-  Yellow – Anxious or overwhelmed
-  Purple – Inspired or energized

You can fill in a small calendar or chart each day with your color to spot patterns in your mood.

Number System

Use a 1–10 scale to track your:
Mood:

- 1 = Very low
- 10 = Excellent

Energy:

- 1 = Exhausted
- 10 = Very energized

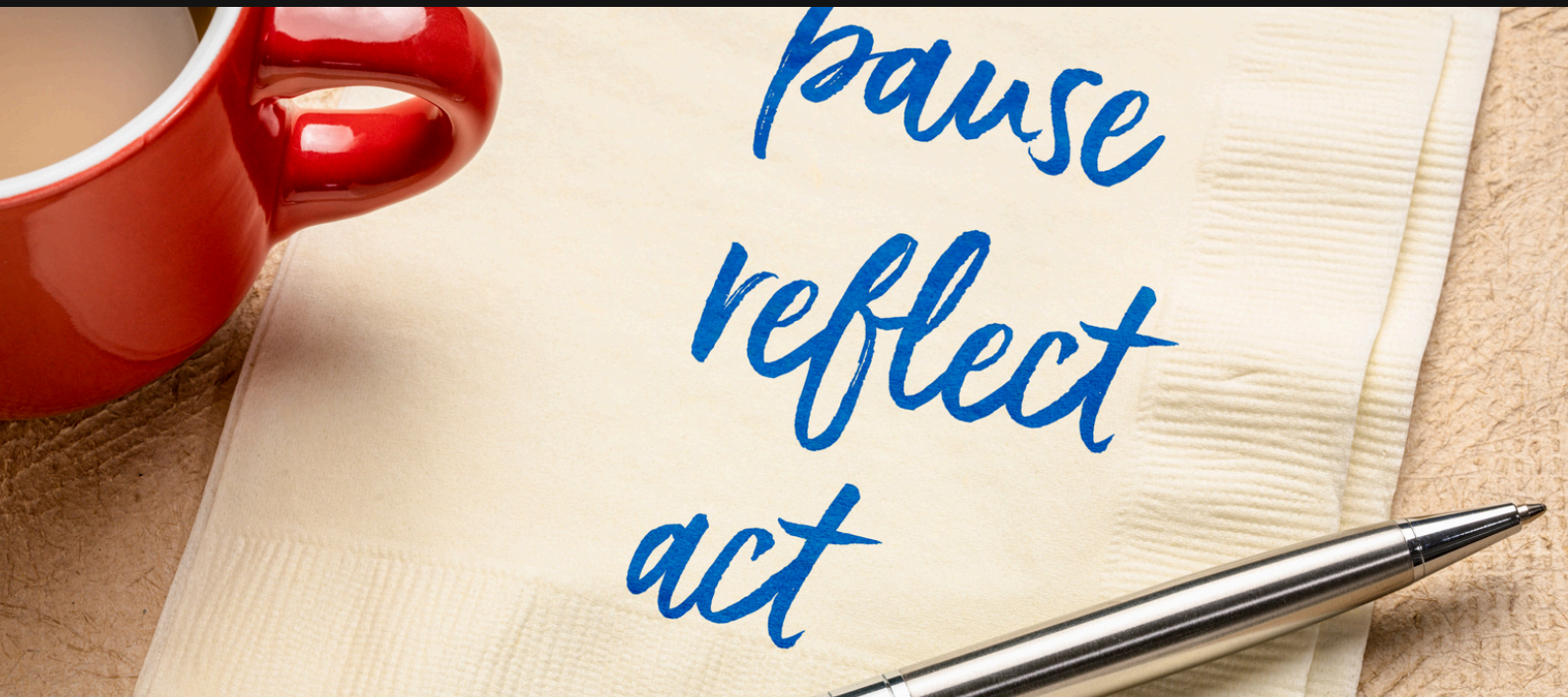
Recording these numbers daily (morning and evening if possible) can help you reflect on how your habits, sleep, nutrition, or social interactions affect how you feel.

*“YOUR PRESENT
CIRCUMSTANCES DON’T
DETERMINE WHERE YOU CAN
GO;*

*they merely
determine
where you
start.”*

— NIDO QUBEIN

REFLECTIONS



THE WRAP-UP

The Goal:

Wrapping Up Your Lessons and Writing a
Letter To Your Future Self

[illegible]

MHAM WORKBOOK



MY NEW HABITS:

BOUNDARIES TO SET:



PROFESSIONALS OR TOOLS TO USE:



Design

A PERSONAL PROJECT TO BOOST YOUR MENTAL HEALTH

PROJECT NAME :

DAY

01

DAY

02

DAY

03

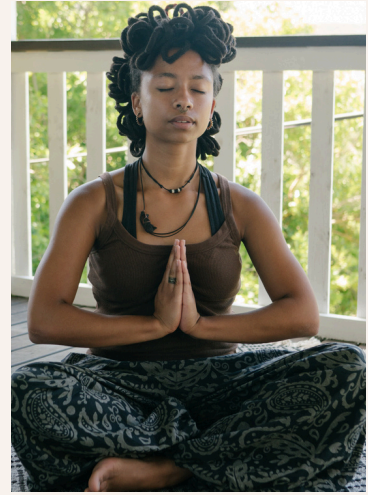
DAY

04

DAY

05

Remember:
**YOU DESERVE
HAPPINESS & STABILITY.
DO IT FOR YOU.**



Thank you
FOR READING

CONGRATULATIONS
ON
PARTICIPATING IN THIS JOURNEY
TOWARDS BECOMING HEALTHIER
YOU!
A HEALTHY MIND IS A GOLD MINE
FOR THE SOUL!



WEBSITE: KLEWSHARE.ORG
@KLEWSHARE

