



MENTAL WELLNESS JOURNAL



The *It's Up to Us* campaign is designed to empower residents of Riverside County to talk openly about mental illness, recognize symptoms, utilize local resources, and seek help. By raising awareness and providing access to local resources, we aim to inspire wellness, reduce stigma, and prevent suicide.

Recovery is possible and help is available.

Up2Riverside.org



JOURNAL PROMPT

If you weren't afraid, what are 5 things you would do? Are there ways you can think of to overcome the fear?

A large grid of dots for journaling, consisting of 20 rows and 30 columns of small gray dots.



TODAY, I AM GRATEFUL FOR _____.



JOURNAL PROMPT

Fill a page with things that make you happy, as a list or as drawings.



TODAY, I AM FEELING _____.

JOURNAL PROMPT

Exercise can be great for stress - write down 3 physical activities to try out in the future.



TODAY, I AM GRATEFUL FOR _____



ACTIVITY: ASKING FOR HELP

Instructions:

1. Think of a problem or a challenge that you are experiencing right now in your life.
2. Take a minute to write it down or draw a picture or image that represents this challenge.
3. Under your statement or image you just drew, draw three boxes—you will draw three images that you are going to ask for from others. This can be a listening ear, compassion, love, babysitting, time, whatever.
4. Below those images, identify who you will ask.

Asking for help is an important part of developing and building our support group. Support groups and support from others can help to make us more resilient when we face challenges, yet it is sometimes difficult for us to reach out and ask for help. This is a good activity and exercise to reinforce the skill of asking for help. Sharing your plans with others can be a way to help hold you accountable as well.



TODAY, I AM FEELING _____.



JOURNAL PROMPT

What is something that brings meaning to your life? Write about it.

A large grid of dots for writing.



TODAY, I AM GRATEFUL FOR _____.



JOURNAL PROMPT

Draw a picture representing your feelings or emotions right now.



TODAY, I AM FEELING _____.

JOURNAL PROMPT

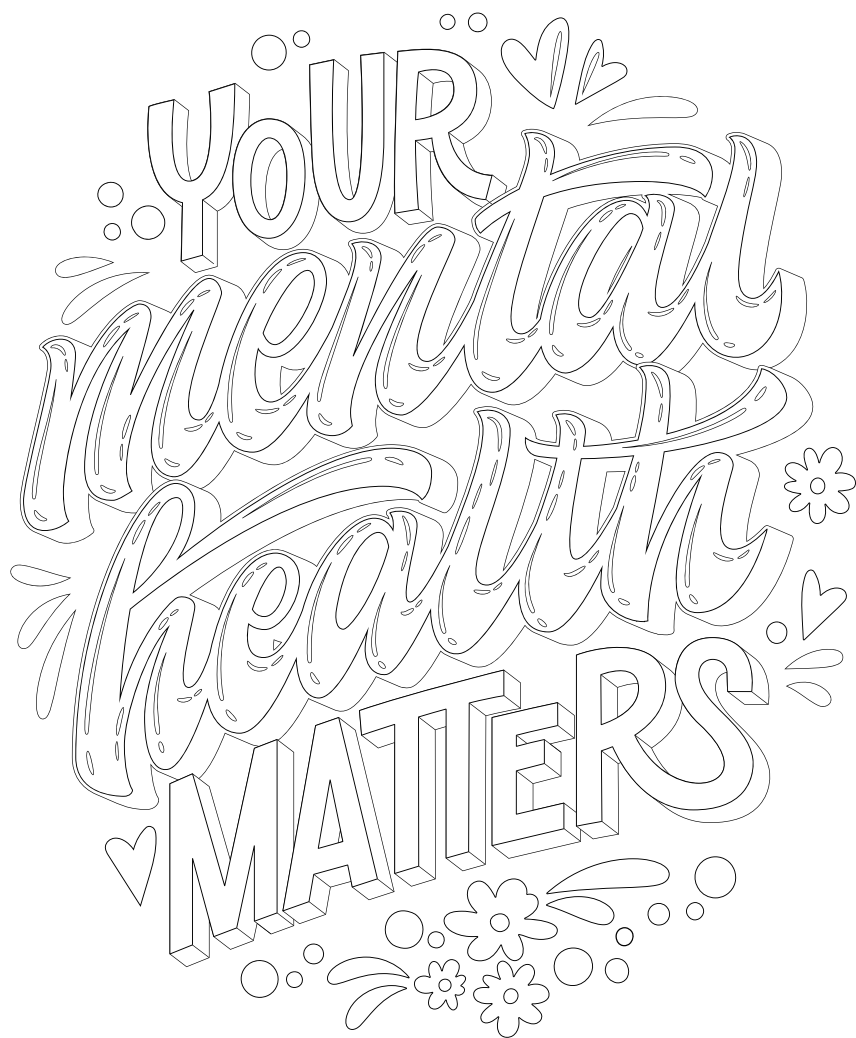
Who do you talk to when you have a problem? How do they help?



TODAY, I AM GRATEFUL FOR _____.



COLORING PAGE



TODAY, I AM FEELING _____.



JOURNAL PROMPT

Describe a time when you were challenged. How did you get through it and what did you learn about your strengths?

A large grid of dots for writing.



TODAY, I AM GRATEFUL FOR _____.

ACTIVITY: ABC'S OF GRATITUDE

Start a list of the things you are grateful for beginning with “A” and working your way through the rest of the alphabet.



TODAY, I AM FEELING _____



JOURNAL PROMPT

What's a positive change you have made in your life and how have you worked toward that goal?



TODAY, I AM GRATEFUL FOR _____.

JOURNAL PROMPT

Is there something you have dreamed of doing for a long time? What are some steps you can take to make it a reality?



TODAY, I AM FEELING _____



JOURNAL PROMPT

Think about a stressful situation you're in right now, what is an empathic response you can have toward yourself? Write it down.

A large grid of dots for writing, consisting of 20 rows and 40 columns of small gray dots.



TODAY, I AM GRATEFUL FOR _____.



JOURNAL PROMPT

How do you want to feel tomorrow, and what 3 things can you change or do today to get closer to that feeling?



TODAY, I AM FEELING _____.

JOURNAL PROMPT

Write about a moment when you felt loved. What made you feel loved?



TODAY, I AM GRATEFUL FOR _____.



ACTIVITY: UNDERSTANDING AND SETTING PRIORITIES

Standing at the front of his classroom, a professor pulls out a large empty mason jar and he fills it with a number of large rocks. Holding the jar up, he asks his students, "Is the jar full?"

"Yes, of course!" they respond.

With a smile, he sets the jar back down and pulls out a container of pebbles. As he dumps it into the jar, the pebbles fill in the spaces between the big rocks. Holding up the jar once again, he asks his students, "Is the jar full now?"

Seeing they have been fooled, they think twice, "We're not so sure!"

Cracking an even bigger smile, the professor sets down the jar and reveals a container of sand. He dumps the sand into the jar, and it fills the space between the pebbles. Once again, he asks the students, "Is this jar full?"

With a chorus of eye-rolls, they are onto his tricks, but with the jar so densely packed, they admit that yes, the jar is full. To which the professor laughs, and pours his mug of coffee into the jar. As the earthy liquid percolates the space between the rocks, pebbles, and sand, the professor says, "NOW, the jar is full."

The professor goes on to explain his point. **The jar** is meant to represent your life. **The big rocks** symbolize what is truly essential in life. The things that matter most to you. **The pebbles** are what is important, but at a secondary level. **The sand** represents the minutiae of life (the small/unimportant things in life). **And the coffee?** Well, there is always room to grab a coffee with a friend.

But here's the kicker. All these things only fit in the jar if you put them in in the right order. If you start with the pebbles and sand, you wind up trying to cram in the big rocks at the end. But they don't fit! Which leads you to wonder... **"How can I fit it all in?!"**

If you find yourself asking that question, you are approaching the problem from the wrong frame of mind. Because here is the thing. **You will never be able to fit it ALL in.** There is an endless supply of pebbles + sand + coffee. So, that's why it's important to start with the big rocks first. When you put the big rocks into your life first, you always take care of your biggest priorities. Even if you added nothing else to the jar, you could still call it "full"!

And THAT is how you fall asleep satisfied every night. Because you know you're living in alignment with your priorities.



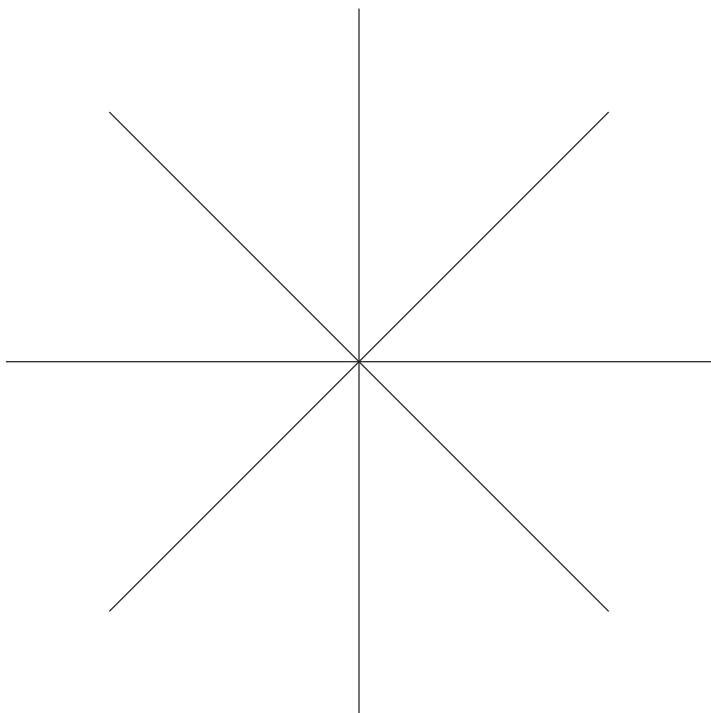
TODAY, I AM FEELING _____.

It is time to draw your own priorities using the provided star-design. For this activity, you will list your different priorities on each of the lines. Before you start listing what these are for you, think about the rocks, pebbles, and sand.

- What are the big rocks in your life? Do you know what is most important to you? Your number one priorities.
- What are the pebbles in your life? Those with secondary importance.
- What is the sand in your life? The minutiae (the small, trivial details)

When you write down your priorities, you will also mark a line for each item that represents how much time you spend on each of those. The closer the mark is to the end of the line, the greater the amount of time spent on it. Then connect the dots. What shape do you see?

Are you spending equal time on those large rocks as you are on your sand? Perhaps you are stretched too thin and need to adjust your priorities.



TODAY, I AM GRATEFUL FOR _____.



JOURNAL PROMPT

When was the last time you helped someone else? How did that make you feel?

A large grid of dots for writing, consisting of 20 rows and 30 columns of small gray dots.



TODAY, I AM FEELING _____.



JOURNAL PROMPT

What does self-care mean to you? How can you implement self-care into your daily life?



TODAY, I AM GRATEFUL FOR _____.

JOURNAL PROMPT

Write about a unique quality you have that makes you who you are.



TODAY, I AM FEELING _____.



COLORING PAGE



TODAY, I AM GRATEFUL FOR _____.

RESOURCES

If you or someone you care about is in crisis and needs immediate help, call the **National Suicide Prevention Lifeline at (800) 273-8255**. The phone lines are answered by trained professionals; the call is free and confidential. If you need to be connected to mental health services in Riverside County, call the **CARES Line at (800) 499-3008**.

If emergency medical care is needed, call 9-1-1 or go to the emergency room of the nearest hospital.

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