Emotional and Mindfulness Journal

Instructions: The current situation we are dealing with can be very stressful, so the goal of this is to lower your stress and anxiety, by strengthening your mental health. Each day you will answer the questions below, in order to write a short journal.

Make sure to answer 'how are you feeling and why' before doing the mindfulness activity.

Monday	
How are you feeling, and why? *List of 'feeling' verbs*	*Ex: I am feeling _ _ _ _ _ because _ _ _ _ _.*
Mindfulness Activity: Spend some time relaxing in Yellowstone National Park. Watch the images, listen to the sounds, and imagine the smells.	
Journal: 1. **How did you feel after the activity? Why?** 2. **Do you think it helped lower your stress? Why?** 3. **What was your favourite part? Why?**	

Tuesday	
How are you feeling, and why? *List of 'feeling' verbs*	*Ex: I am feeling _ _ _ _ _ because _ _ _ _ _.*
Mindfulness Activity: Do a body scan meditation.	
Journal: 1. **How did you feel after the**	

activity? Why? 2. Do you think it helped lower your stress? Why? 3. Was it difficult for you to do this activity (stay calm, quiet, and still)? Why?	

Wednesday	
How are you feeling, and why? *List of 'feeling' verbs*	*Ex: I am feeling _____ because _____.*
Mindfulness Activity: Do this quick yoga session.	
Journal: 1. How did you feel after the activity? Why? 2. Do you think it helped lower your stress? Why? 3. What is one positive thing that happened to you this week so far?	

Thursday

How are you feeling, and why? *List of 'feeling' verbs	Ex: I am feeling _____ because _____.
Mindfulness Activity: Practice this breathing technique proven to reduce stress and anxiety.	
Journal: 1. **How did you feel after the activity? Why?** 2. **Do you think it helped lower your stress? Why?** 3. **What is one thing that you want me to know about you personally?**	

Friday	
How are you feeling, and why? *List of 'feeling' verbs	Ex: I am feeling _____ because _____.
Mindfulness Activity: Choose your favorite funny meme, and **paste it in this box**. *Please remember to be school appropriate and respectful.*	
Journal: 1. **What is the biggest challenge/ obstacle you have faced this week? Have you overcome it? How? If not, how do you**	

think you can overcome it?	