



MINDFUL OF EMOTIONS



Name: _____ Date: _____

Draw how you might feel in each of the situations below.

You break your favorite toy.

You get a new game.

You get a lot of homework.

You have a stomach ache

Your birthday is tomorrow.

You try a new vegetable.

Your favorite show is on TV.

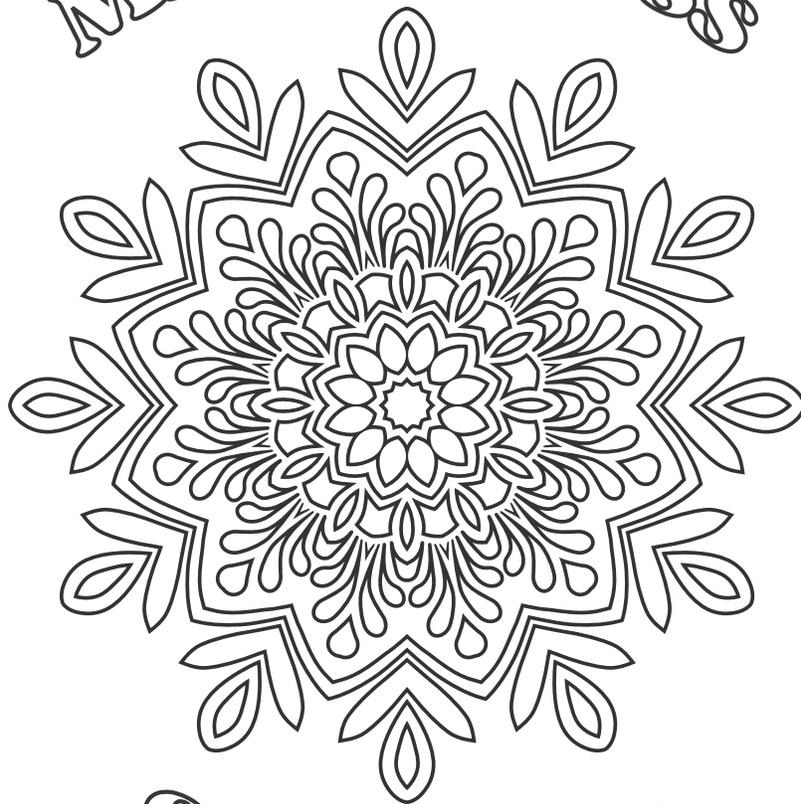
You hear a funny joke.

You have a headache.

SELF-CARE COLORING WORKSHEET



Mindfulness



Self-Care





COPING SONGS BRAIN BREAK



Coping is learning to overcome unpleasant emotions such as stress or anxiety. Listening to music is one strategy that help reduce these feelings. Fill in the boxes below to make the perfect coping playlist to listen to the next time you're feeling overwhelmed.

Make yourself the perfect coping playlist by filling in each of the following boxes with a song in which you think best matches the description.

A song that reminds you of your childhood.	A song that easily gets stuck in your head.	A song you know all the words to.	Your favorite song from a movie.
A song that you'd listen to when you first wake up.	A song that makes you feel free.	A song you'd listen to to fall asleep.	A song that makes you smile.
A song to sum up this school year.	A song that reminds you of a good memory.	A song that reminds you of someone you care about.	A song that reminds you of someone who cares about you.
A song you would listen to on repeat.	A song that makes you feel safe.	A song you find inspirational.	A song that's your go-to mood booster.
A song that matches your vibe you get when you feel lonely.	A song that matches your vibe you get when you feel anxious or worried.	A song that matches your vibe when you feel annoyed or angry.	A song that matches your vibe when you feel sad or afraid.

31 DAYS OF MENTAL HEALTH JOURNAL PROMPTS

May is Mental Health Awareness Month. For each day of the month, use the following journal prompts to heal your mind, and document them in your notebook. Once you complete an entry, place an "X" in the box that corresponds.

- 1. What was the last thing that made you smile? Why?
- 2. What is something you love about yourself?
- 3. What is your favorite self-care activity?
- 4. When do you feel most relaxed?
- 5. Describe your version of the perfect weekend.
- 6. Who is someone that makes you feel comfortable? Why?
- 7. Share a time that you were stressed out. How did you deal with it?
- 8. Draw a picture to represent your current mood.
- 9. Create a bucket list of things you wish to do/accomplish in the next 10 years.
- 10. List 10 things you'd like to start doing for yourself. Ex: reading more
- 11. Name a song that will always boost your mood. Why?
- 12. If you could go back in time and change one thing, what would it be?
- 13. Describe your morning routine.
- 14. Name someone who made you smile today. Why?
- 15. What makes you feel physically good?
- 16. What is the biggest challenge you are currently facing?
- 17. Write down a quote that you find most inspiring and why.
- 18. Name a hobby you would like to try.
- 19. What are you most proud of yourself for?
- 20. What is one thing that motivates you and why?
- 21. When was the last time you were sad? Why?
- 22. Name a movie that makes you laugh.
- 23. Describe your evening routine.
- 24. What piece of advice would you give the younger version of yourself?
- 25. How do you recharge?
- 26. What helps you slow down and feel present?
- 27. What is one thing you are thankful for and why?
- 28. When do you feel most confident?
- 29. Where would you like to see yourself in 10 years?
- 30. What is one thing you wish others knew about you?
- 31. What is one thing that you loved to do as a child? Why?



30 DAY SELF-CARE CHALLENGE

For the next 30 days, try to complete the list of self-care challenges below. As you complete a challenge, cross it off the list.

DAY 1 Start a gratitude journal	DAY 2 Learn to meditate	DAY 3 Spend the day social media free	DAY 4 Call someone you love	DAY 5 Take a 15 minute walk outdoors
DAY 6 Listen to a podcast	DAY 7 Learn to cook a new recipe	DAY 8 Stretch for 10-15 minutes	DAY 9 Listen to your favorite song	DAY 10 Practice deep breathing
DAY 11 Try a free online workout	DAY 12 Read a book for 15 minutes	DAY 13 Write a list of short-term goals	DAY 14 De-clutter a room or desk	DAY 15 Go to bed 30 minutes earlier
DAY 16 Have a game night	DAY 17 Wake up 15 minutes earlier	DAY 18 Make your favorite meal	DAY 19 Buy yourself something nice	DAY 20 Create a bucket list
DAY 21 Watch a movie or series	DAY 22 Write down your thoughts	DAY 23 Take a long shower or bath	DAY 24 Have an at-home spa day.	DAY 25 Read inspirational quotes
DAY 26 Create a vision board	DAY 27 Spend some time outside	DAY 28 Drink a tall glass of water	DAY 29 Write down how your day was.	DAY 30 Take a power nap

