

Worry journal

A worry journal can help you to gain perspective and become more aware of how you are interpreting things.

Print this template or copy it into a blank notebook to complete daily or whenever you need it!

I'm worried about...

What triggered it?

Is it solvable?


Yes No

Draw how you are feeling.

What can you do to solve the worry or feel better?

How do you feel after putting these into action?

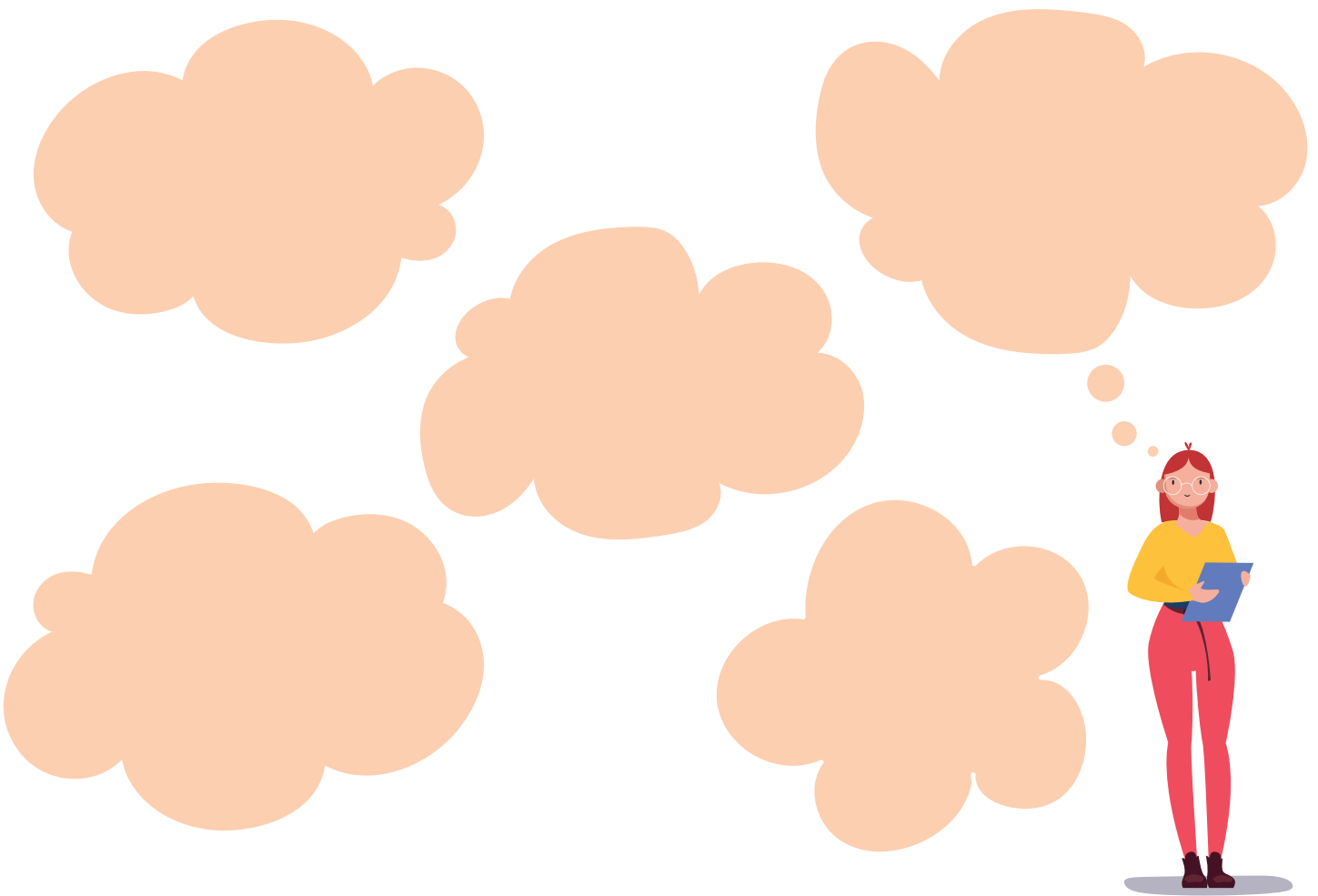
Notes:



Self-care

Carry out some research into self-care. What does the term 'self-care' mean?

What are some examples of self-care activities?



For World Wellbeing Week, write an achievable pledge to make an improvement to your own wellbeing through self-care.

I pledge to...

A large, rounded rectangular area with a light orange background, intended for writing a pledge.