MINDFUL JOURNALING

Writing in a journal can be a healthy coping mechanism to help reduce stress and anxiety recognize emotions and triggers, and identify negative thoughts and behaviors. Below are some suggested prompts, but you can write about anything you want to! These journal pages are just for you; you can take them with you. If you want to share your mental health related content for publishing on Free Your Feels or partner websites and accounts, check out our other written prompts and expression stations!



- When was the last time I really laughed?
- What part of myself longs for more self-compassion?
- Is there anything that I'd like to do differently in my life?
- Write about a time you felt really happy.
- Write about a person, place, or thing that brings our your best self.

