

The Mental Health Journal

Ten weeks of noticing yourself on purpose.

INTRODUCTION

You cannot outrun your own attention.

This journal is not therapy. It's the warm-up. Ten weeks of gentle questions that make it easier to answer harder ones — with a friend, a therapist, or yourself at 2am.

Write in it after coffee, before bed, on the bus. There is no right dose. Some weeks you will fill every line. Some weeks one word is the whole answer.

If any prompt kicks up more than you can carry alone, please talk to someone. 988 in the US. Real help exists and it is not a failure to use it.

WEEK 01 · REFLECTION

What did my body try to tell me this week that I ignored?

Tight jaw, tired eyes, held breath. Bodies keep excellent notes.

WEEK 02 · TRACKER

Mood check

DAY	1-5	TRIGGER
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

NOTES FOR THE WEEK

WEEK 03 · CHECK-IN

Weekly check-in

How am I really — one word?

What do I need more of next week?

What do I need less of?
