

My mental health journal Name: \_\_\_\_\_

**Journal #1 - Answer one of the following journal prompts**

#1 - What kinds of stressful situations or challenges do you think are most commonly experienced by students at our school?

#2 - What does it feel like when you're going through a stressful situation? What do you notice about yourself or your behavior when you're feeling stressed or down?

#3 - Has anyone given you any good advice about how to handle stress? What was the advice? Who gave it to you? Why was it helpful?

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**Journal #2 - Answer one of the following journal prompts**

#1 - When someone in your life is going through a challenging or painful time, like a friend or family member, how do you try to be supportive?

#2 - What do you think is the best way for your school/community to support students who have depression?

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### **Journal #3**

If you could say one thing right now to a classmate who is experiencing depression, what would you say to him or her? How would this help?

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**Journal #4 – answer one of the following prompts**

1. Think of a specific time when you were at a crossroads and had a significant decision to make.
2. What is the most difficult decision you've ever had to make?

Write about that decision, keeping these questions in mind:

- When was this? How old were you?
- What was the context in which you were making this decision? What other factors were important?
- Why did the decision seem significant at the time? Do you still think it's important for the same reasons?

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## **Journal #5**

Consider the consequences of your past decision. Knowing what you know now, would you make the same choice? Use these questions as a starting point:

- How did this decision change your life for the better?
- How did it create challenges or heartache?
- Why would you stand by your decision, or why would you choose to go in a different direction?
- What do you think would have happened if you had taken another path?
- What consequences do you think would have resulted from that option?

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## **Journal #6**

Looking back at your decision, sum up what this past experience taught you in a short paragraph. Have you used these lessons to make other big decisions? Did you create a “what not to do” script for yourself for future situations?

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**Journal #7 - Answer one of the following journal prompts**

1. Are some groups of people more likely to do drugs than others? Why or why not?
2. Have your parents ever talked to you about drugs and alcohol? What did they say?
3. Why do students feel pressured to try drugs and to drink?

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**Journal #8 - Answer one of the following journal prompts**

1. If someone offered you drugs or alcohol and you didn't want to try it, how would you say no? What would you do if a person offering you drugs or alcohol wouldn't take no for an answer?
2. Why do people do things that they know will hurt them?
3. How do drugs change people? Write about both the emotional and the physical effects.
4. Is it possible to control your usage of drugs and alcohol so that you don't get addicted? Why or why not?