



JOURNEY

Leicester, Leicestershire & Rutland

The Relationships
Centre

How Journey came to be

We, the young ambassadors, have made a guided journal for other young people to use and grow from.

We discussed how we felt during our Flourish and counselling sessions and we came to the conclusion that having a guided journal during and after our sessions was an effective way to track and maintain our progress.

When coming up with ideas, we realised that most people don't use journals on a daily basis. In fact, thinking about having to write something in a journal everyday can be quite stressful for many.

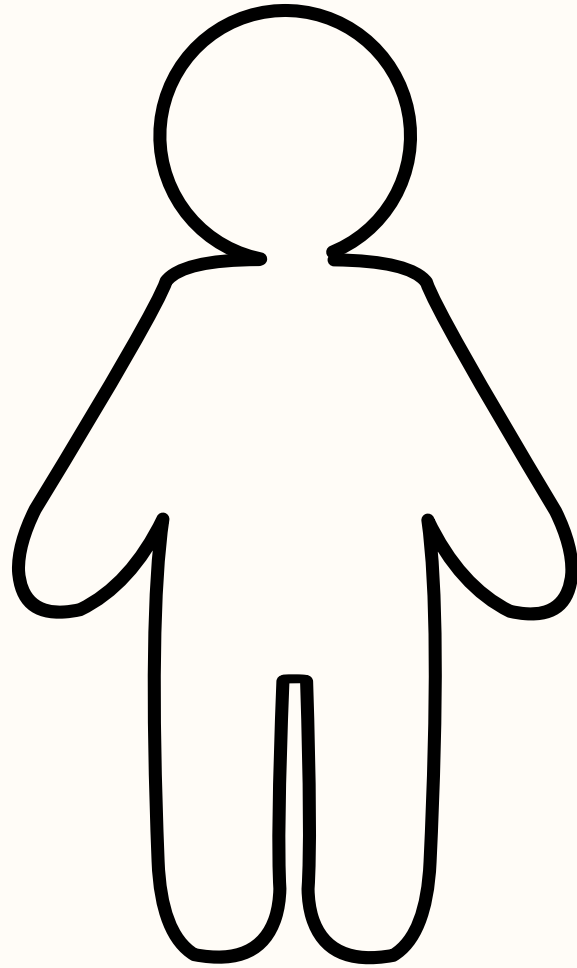
So, we decided to make a fun journal, one you do not have to complete daily, which still helps you understand your mental health, keeps track of your progress and, most importantly, helps you grow as a person.

We hope your 'Journey' helps you develop self-love, care and helps you to get to know yourself better!

DESCRIBE YOURSELF

colour/draw yourself

WORDS TO DESCRIBE YOURSELF



WHAT DO I LIKE ABOUT MYSELF?

average feeling/mood over a week:



WHAT DON'T I LIKE ABOUT MYSELF?

MY COPING STRATEGY THAT WORKS BEST:

A GOAL THAT I HAVE FOR MY MENTAL HEALTH:

EMOTIONS CATEGORIES



JOY

- DELIGHT
- GLEE
- GRATEFUL
- HAPPINESS



SADNESS

- DESPAIR
- MISERY
- SORROW
- GUILT
- WOEFUL



EMBARRASSMENT

- AWKWARD
- SHAME
- HUMILIATION
- MORTIFIED
- SHY



ANGER

- IRRITATION
- FRUSTRATION
- ANNOYANCE
- RAGE
- MAD



FEAR

- FRIGHTENED
- ALARMED
- APPREHENSIVE
- DISTRESSED
- AFRAID



DISGUST

- HATRED
- REPULSED
- GROSSED OUT
- DETEST
- LOATHING



ANXIETY

- PANIC
- NERVOUS
- DREAD
- UNEASY
- WORRY



NOSTALGIA

- REMINISCENCE
- SENTIMENTAL
- REGRET
- REMEMBRANCE
- HOMESICKNESS



ENVY

- JEALOUSY
- RESENTING
- SPITEFUL
- DISCONTENT
- ANIMOSITY



ENNUI

- BOREDOM
- DEJECTED
- TIRED
- RESTLESSNESS
- UNSATISFIED



COPING STRATEGIES

BY YOURSELF

- LISTEN TO UPBEAT MUSIC
- VISUALISE A CALM AND HAPPY PLACE
- HUG YOURSELF
- TRY SOME BREATHING EXERCISES
- IDENTIFY WHAT YOU ARE FEELING AND ACCEPT IT

WITH OTHERS

- WATCH A MOVIE WITH A FRIEND
- DANCE TO YOUR FAVOURITE SONGS
- GO ON A WALK THROUGH A PARK
- PAINT SOMETHING TOGETHER WITH SOMEONE ELSE
- PLAY A SPORT THAT YOU LIKE

WHAT YOU WANT TO TRY:

GUIDED JOURNAL

DAY:

MONTH:

YEAR:

TODAY I'M GRATEFUL FOR:

THREE WORDS TO DESCRIBE THE DAY

TOMORROW I LOOK FORWARD TO:

SOMETHING
I'M PROUD OF TODAY

TODAY'S SUMMARY (WHAT DID I LEARN
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HOW I FEEL TODAY

GOOD

NOT GOOD

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GET TO KNOW YOURSELF

1. What is something you have done that makes you feel proud of yourself?

2. What is one quality that you admire in others and want to develop in yourself?

3. What is your favourite activity to do by yourself?

4. What is something that you have improved on in the past 3 years?

5. If you could have a collection of anything, what would it be?

6. What are all the things you are passionate about?

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ACHIEVEMENTS

Your achievements do not need to be award-winning things, they could be getting a good grade on a test or even tidying your room and making your bed. These are what you consider achievements.

THINGS I HAVE ALREADY ACHIEVED

THINGS I WANT TO ACHIEVE IN THE FUTURE

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HAPPY/NOT HAPPY LISTS

WHAT MAKES ME HAPPY:

PEOPLE:

SHOWS/MOVIES:

PLACES:

OBJECTS:

SMELLS:

TASTES:

WHAT MAKES ME UNHAPPY:

PEOPLE:

SHOWS/MOVIES:

PLACES:

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RIGHT NOW THERE ARE CHANGES HAPPENING IN YOUR BODY

CIRCLE OR HIGHLIGHT WHICH CHANGES APPLY

EMOTIONAL CHANGES

- MOOD SWINGS
- EXPLORING YOUR IDENTITY
- WANTING INDEPENDENCE
- INCREASED SELF CONSCIOUSNESS
- EMOTIONAL REACTIVITY

BEHAVIOURAL CHANGES

- AVOIDING PEOPLE
- PUTTING THINGS OFF
- FEELING MORE TIRED
- NOT ENJOYING THINGS I USED TO
- SLEEPING MORE THAN USUAL
- CHANGING EATING HABITS

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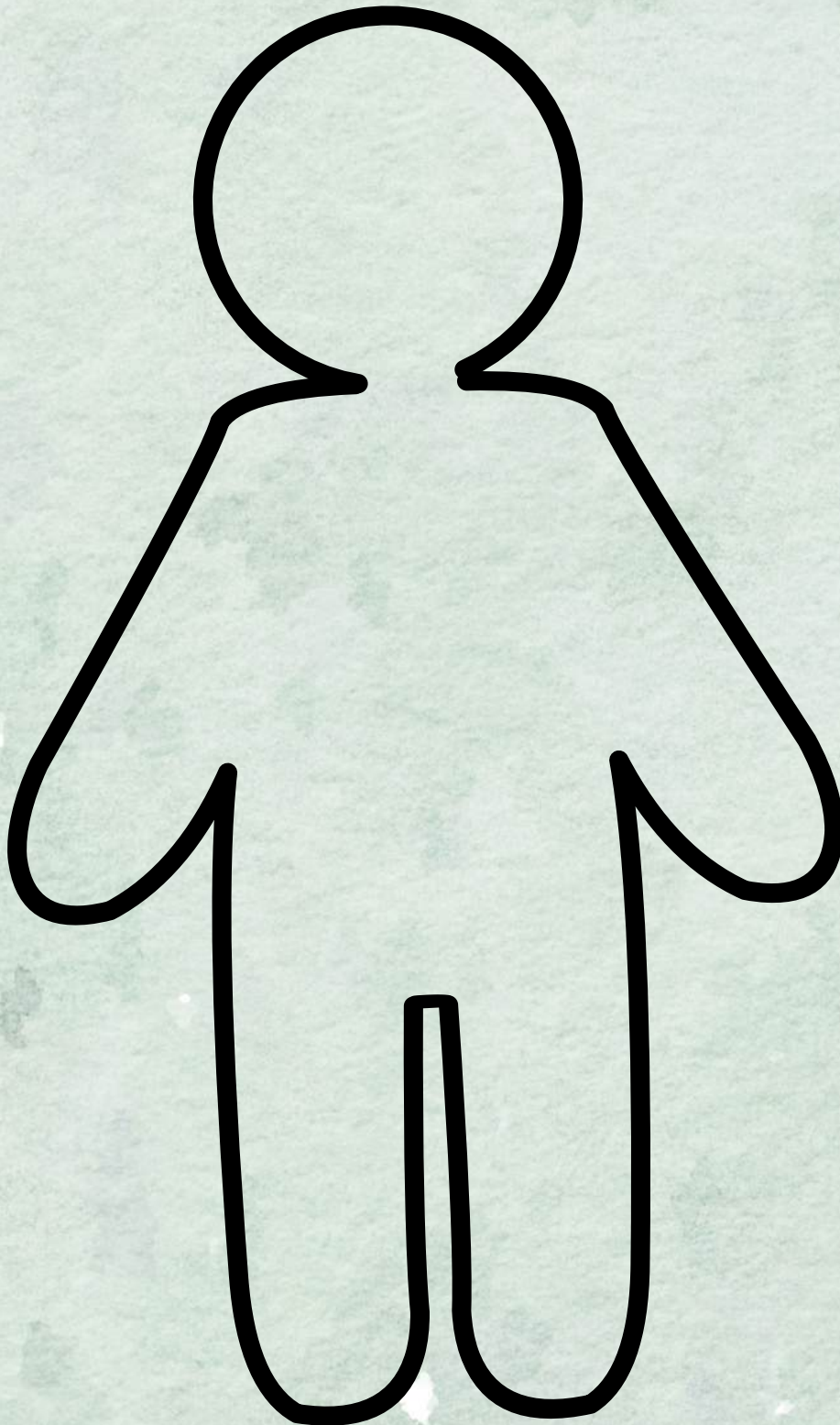
HOW I FEEL TODAY

GOODNOT GOOD

COLOUR YOUR EARLY WARNING SIGNS

WHERE DO YOU FEEL YOUR EMOTIONS?

USE THE EMOTIONS CATEGORIES ON PAGE 3 TO HELP YOU
COLOUR YOUR EMOTIONS AND WHAT YOU FEEL IN YOUR
BODY



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GOOD NOT GOOD

IMPACTFUL LIFE EVENTS

IN THIS PAGE WRITE ABOUT THINGS THAT HAVE HAPPENED TO YOU WHICH YOU FEEL HAVE PLAYED A PART IN CHANGING WHO YOU ARE

POSITIVE EVENTS

NEUTRAL EVENTS

NEGATIVE EVENTS

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WHO INSPIRES YOU?

This can be anyone you admire, respect or take inspiration from in any aspect of life, from skills to lifestyle or in any other way.

LIST WHO AND WHY THEY INSPIRE YOU

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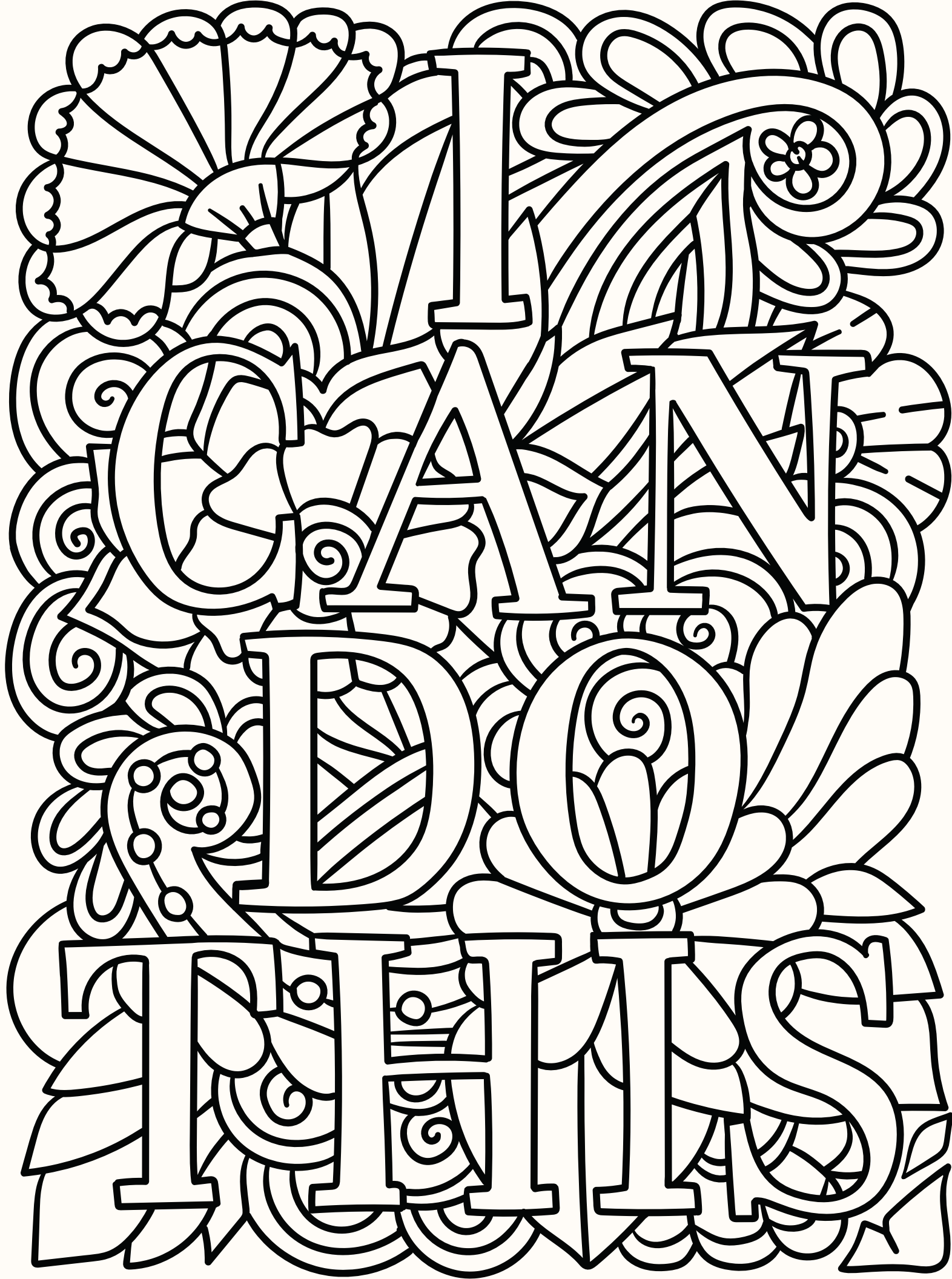
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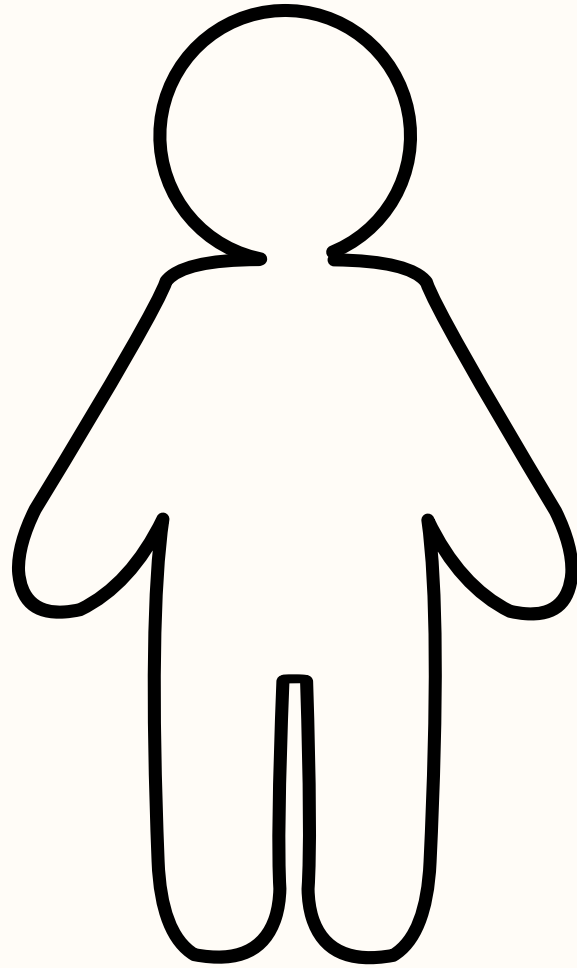


DESCRIBE YOURSELF

TRY TO DO THIS WITHOUT LOOKING BACK AT WHAT YOU WROTE AT THE BEGINNING OF YOUR 'JOURNEY'

colour/draw yourself

WORDS TO DESCRIBE YOURSELF



WHAT DO I LIKE ABOUT MYSELF?

average feeling/mood over a week:



WHAT DON'T I LIKE ABOUT MYSELF?

MY COPING STRATEGY THAT WORKS BEST:

A GOAL THAT I HAVE FOR MY MENTAL HEALTH:

COMPARE HOW YOU FELT AT THE START OF YOUR JOURNEY TO NOW

THIS IS A PLACE FOR YOU TO WRITE ABOUT HOW YOU HAVE CHANGED OVER THE COURSE OF TIME YOU HAVE SPENT COMPLETING THIS 'JOURNEY'

HAS YOUR AVERAGE MOOD IMPROVED, GOT WORSE OR STAYED THE SAME? ANY IDEAS WHY?

ARE YOU MANAGING YOUR MENTAL HEALTH BETTER? IF YES, HOW? IF NO, HOW COULD YOU IMPROVE?

WERE YOU ABLE TO ACHIEVE OR MAKE PROGRESS TOWARDS YOUR GOAL AT THE START OF YOUR JOURNEY? HOW DOES THAT MAKE YOU FEEL?



Support services

Harmless

www.harmless.org.uk

Centre for self-harm and suicide prevention offering support online and in centres in Leicester (self referral forms online)

Central Access Point Line (CAP)

111 option 2

For acute mental health needs 24/7

tellmi

www.tellmi.help

Tellmi is a safe, anonymous app where you can talk about absolutely anything. From anxiety to autism, dating to depression, self-harm to self-esteem.

SHOUT

www.giveusashout.org

Text SHOUT to 85258 24/7
A free and confidential 24/7 text messaging support service



Samaritans

116 123

jo@samaritans.org

A free, completely confidential number available 24/7 to call when you need to talk as well as an email service

Get in touch!