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Mental Health Journal

15 min

Check in with your mental health — track your mood, identify triggers, and build coping awareness.

*Note**: This template is designed for personal reflection and self-awareness. It is not a substitute for professional medical advice, diagnosis, or treatment. If you are in crisis, please contact a mental health professional or call your local emergency services.*

SECTION 3

How am I feeling right now? (1–10)

SECTION 4

Three words that describe my mental state today:

SECTION 5

What triggered these feelings?

SECTION 6

What coping strategy did I use (or could I use)?

SECTION 7

How did I sleep last night?

SECTION 8

One thing I did for my mental health today:

SECTION 9

Anything else on my mind:

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