

Journaling Session



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Materials Needed

The Session Plan



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Journals/Notebooks and pens for participants:

A timer.

Soft, instrumental background music



02

The Session Plan



The Session Plan

Part 1: Welcome & Setting the Stage

- SHARE ONE WORD TO DESCRIBE CURRENT MOOD.
- EMOJI ABOUT ME: Share your name and drop 2–3 emojis that describe you or what you love doing.

Part 2: Warm-Up: The "Brain Dump" (5 Minutes)

- WRITE DOWN EVERYTHING GOING ON IN YOUR MIND, to-do lists, a song you have been humming, any challenge, anything you constant think about and are scared of or happy about.
- REFLECT: "How did that feel? Share one word to describe it."

Part 3: Reset Ritual

- Breathing exercise for calming: Finger Breathing.
- Soft music.

Part 4: Themed Journaling Prompts (20 Minutes)

Category A: Checking In with Yourself (Self Awareness)

1

Draw or describe your current emotional weather (e.g., sunny, stormy, foggy, with a chance of rain). Why does it feel that way?

2

What is one need (emotional or physical) that I have been neglecting lately?

3

What is one small step I can take to honor that need?



Part 4: Themed Journaling Prompts (20 Minutes)

Category B: Gratitude & Positivity

List three small, ordinary things that brought you a moment of peace or joy recently (e.g., the warmth of a coffee mug, a stranger's smile, a good song on the radio).

Write a thank-you note to yourself, thanking yourself for all the good actions you did that make a difference to you this week.

What is a recent challenge that you now see taught you something valuable?



Part 4: Themed Journaling Prompts (20 Minutes)

Category C: Looking Forward

1

Write a letter to your future self one month from now. What encouragement would you offer? What do you hope for them?

2

Describe your ideal “mental health day.”

3

For the next week I will...

Part 5: Gentle Closing & Sharing

Then, let's close today's session with a little sharing time.

One word to describe the current mood.

One sentence to describe how the session helped you.





Thank You