



JOURNAL REFLECTION



FOR WHEN YOU'RE HAVING A BAD DAY

Why am I having a bad day?

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Things to Remember:

- This won't last forever
- It's ok to feel sad
- I am loved
- I am not alone
- I can still choose to make the best of this day

Strategies Check-List

- Take a Deep Breath
- Take a Break
- Talk to someone
- Listen to music
- Stretch your body

Draw the Emotion you Feel:

