

JavaJourneys

MY DAILY JOURNAL

NAME:.....

DATE:.....

JAVAJOURNEYS.TODAY

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My Plans and Goals for Today

MY TOP PRIORITIES

List here your goals for today, list just a few achievable goals and tasks to start with. You can always add more if you complete them.

MY GOALS AND HOPES

- _____
- _____
- _____
- _____

TASKS AND TO-DO LIST

- _____
- _____
- _____
- _____

Write here any conversations you need to have & how you can take time to reward yourself/have fun after your busy day

CONVERSATIONS

RELAX & FUN

My Daily Check-in

FEELING



- Happy
- Content
- Relaxed
- Average
- Motivated
- Excited
- Bored
- Sad
- Lonely
- Insecure
- Sick
- Angry
- _____

DATE:

GRATITUDE

What is a moment, person, or thing I'm grateful for today?

SELF REFLECTION

What have I identified that I need to work on?

SELF-CARE

How did I care for my mind and body today?

- ATE BREAKFAST
- ATE LUNCH
- ATE DINNER
- TOOK A NAP
- SLEPT 7-9 HOURS
- GOT FRESH AIR
- EXERCISED
- TOOK DEEP BREATHS
- SAW/CALLED A FRIEND
- JOURNALED
- WENT TO THERAPY
- TOOK MY MEDS
- _____

ON MY MIND

What thoughts and emotions have been on my mind?

MY NEXT STEP WILL BE TO:

- Talk it out with a friend or therapist
- Sit with it (for now)
- Write more about it
- Begin to let it go
- _____
- _____

RATE TODAY



Self-Talk



Energy



Overall

Anxiety Today

NOT
ANXIOUS

A LITTLE
ANXIOUS

SOMEWHAT
ANXIOUS

PRETTY
ANXIOUS

VERY
ANXIOUS

EXTREMELY
ANXIOUS

1

2

3

4

5

6

Describe when you felt anxious today?

How did those anxious moments make you feel?

How can you challenge or reframe your anxious thoughts?

GROUNDING TECHNIQUES

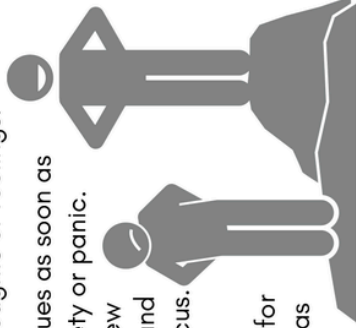
COPING STRATEGIES FOR ANXIETY & PANIC RELIEF

OVERVIEW

Grounding Techniques provide immediate relief when you are having symptoms of anxiety or panic. These skills can help to interrupt your body's anxiety response by turning your attention away from negative thoughts or feelings.

Use grounding techniques as soon as you begin to feel anxiety or panic. Each will only take a few minutes to complete, and will help you regain focus.

Determine which techniques work best for you. Practice the skills as often as needed.



PRESENT AWARENESS

Present Awareness exercises help to bring you back into the present moment.

- Take 10 slow deep breaths in.
- Identify around you 5 objects, 4 different sounds, 3 textures, 2 smells, and 1 taste.
- Tell yourself your name, your age, where you are, and why you are there.
- Remind yourself that you are in a safe place.
- Look around. Describe your immediate surroundings in detail.
- Repeat positive coping statements: "I am safe. This will pass. I can handle this."
- Place your feet on the floor and relax your shoulders. Focus on your breathing.
- Slowly drink a glass of cool water. Breathe.

PHYSICAL SENSORY

Physical Sensory exercises use your 5 physical senses to provide calming relief.

- Find a scented object, like a candle, soap, or tea. Inhale and savor the scent.
- Grab a snack. Take a small bite, and carefully notice the taste and the texture of it.
- Touch a soft item, like a blanket or a sweater. Slowly feel the soft texture of the item.
- Turn on a water tap. Feel the cold water run through your fingers.
- Slowly wiggle your toes and curl your fingers.
- Find a cozy chair in a quiet area. Feel your muscles relax as you sink into the chair.
- Stretch and raise your hands up towards the sky. Hold for 10 seconds, and release.

VISUALIZATION

Visualization exercises help to bring awareness to your surroundings.

- Notice the weight of the hair on your head or on your shoulders.
- Picture a person you love. Imagine words of kindness from them.
- Listen to your surroundings. Notice and identify each sound.
- Create a mental image of your favorite place. Recall the small details.
- Clench your hands into fists. Imagine releasing your energy when you unclench.
- Imagine a dial. Visualize making a conscious choice to turn down the emotional dial.

DISTRACTION METHODS

Distraction Methods help to distract your mind from feelings of anxiety.

- Name all the blue objects you see around you.
- Spell your name backwards.
- Take a 5-minute brisk walk or jog. Feel the sensations it has on your body.
- Starting from 100, count backwards by sixes.
- Watch a TV show or an online video.
- Play a song. Listen to the individual notes.
- Make a list of three things that you are grateful for.
- Create a to-do list of your plans for the week.
- Describe a regular routine in detail (e.g. making a meal, cleaning your home).

NAMING CATEGORIES

List at least 10 items from each category to help re-focus your thoughts.

- Favorite TV shows
- Favorite movies
- Famous celebrities
- Fruits and vegetables
- Animals found in a zoo
- Favorite foods by origin
- Places you want to travel to
- Books you have read
- Names of sports teams
- Names of friends
- Names of car brands
- Names of types of flowers

