

# You Matter:

## Your Mind, Your Voice, Your Wellness Journal



**STOMP  
Out  
Bullying®**

End The Hate...  
Change The Culture

**Congratulations! You have decided to take a step into honoring and aiding in your mental health journey and wellness. If this sounds daunting and scary, don't worry! We've made this guide to walk you through those hard feelings. In this journal, you will get help in organizing your feelings and challenge yourself to hold yourself accountable to a healthier, happier, more authentic version of YOU. We want to help remind you why you matter and help you to check in with yourself. Sometimes we need a reminder on how to speak up for ourselves, set boundaries, be kinder to ourselves, and figure out how we can show up for ourselves and others. We, at STOMP Out Bullying, are so happy that you've decided to choose us to help you with your journey, and we welcome you to reuse and revisit these topics and pages whenever you need to. You are welcome to print these pages out and write on them or edit the pages digitally, to save trees!**



I \_\_\_\_\_ have decided to take these steps to better my wellness. I will try my best to hold myself accountable. I will be kind to myself if these are difficult concepts for now. I will try to make time to revisit these topics when needed. From this day forward, I am taking an oath to better myself 1% each day.

\_\_\_\_\_ Date: \_\_/\_\_/\_\_\_\_  
Signature



# YOUR MIND

It is so important to be able to treat your mind with the kindness and care it deserves. Just like our bodies, our minds need fuel and nourishment. The best way to refuel your mind is through word choice, mental exercises, and mindful practices. Below are some prompts to help you get started!

## Word Choice and Cognitive Reframing

Things like word choice are so important. The way we refer to and speak to ourselves can directly correlate to the way we feel and our confidence. If we speak negatively about ourselves constantly, it can lead to symptoms of anxiety and depression. One way to address this is through something called “cognitive reframing”. It encourages you to identify and change the way you see a situation, experience, circumstance, idea, or emotion. For example, it could be as simple as turning a statement like “That was so stupid of me!” to “I am only human, and mistakes happen.” It’s so important to remind yourself that you are not your thoughts and emotions, and these moments are temporary. That stressful situation will not be permanent. So, what are some ways you can be kinder to yourself today and moving forward?

This image shows a single sheet of white paper with horizontal dashed lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# YOUR MIND

Handwriting practice lines consisting of 25 sets of three horizontal dotted lines.



## Affirmations and Mirror Work

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I AM CAPABLE

## I AM NOT MY THOUGHTS AND FEELINGS

I AM SMART

# I AM TALENTED

I AM BEAUTIFUL INSIDE AND OUT

MY WORTH IS NOT DETERMINED BY ANYONE ELSE BUT ME

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting or typing. There are no margins, text, or other markings on the page.

# YOUR MIND

## Visualize a loved one

Sometimes when we're in a negative headspace it can be hard to see ourselves positively. A great well-known exercise to get started being kinder to yourself is to think about how you treat a loved one. If you had a chance to swap bodies for a day with someone you care about, how would you take care of their body? How would you complete their tasks for the day or favorite activities? How would you show up for them?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# YOUR MIND

## Visualize a loved one (P.2)

**Now that you've visualized someone you care about, think about how you can apply that same idea to yourself. How can you take care of your mind and body? How can you show up for yourself by doing your tasks and favorite activities more?**

[illegible]

# YOUR VOICE

Your voice deserves to be heard. Sometimes, it's hard to build our confidence to use our voice. To be able to live authentically and build healthy relationships and friendships, we need to be able to communicate our wants and needs. Setting boundaries is an important step to take. Boundaries are "lines" that people draw to protect their space, privacy, and mental health. Below are some prompts that encourage you to consider boundaries and use your voice!

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## Setting Boundaries

Setting boundaries may seem scary. You don't want to hurt anyone - yet you also need to protect your peace. If someone is doing something that's hurting you or invading your space, you have the right to speak up. And if setting a boundary seems like new territory for you, don't worry! Let's reflect on it together.

Please note that setting a boundary isn't about controlling another person's actions towards you; it's about communicating a personal limit that cannot be crossed. However, having a consequence in place can help ensure that your boundaries are respected. A consequence is the action you'll take if someone doesn't respect your boundaries.

For example, "If my friend keeps hanging out with people who bully me, I will stop talking to them." This approach makes it clear that you're setting a boundary and taking care of yourself, rather than trying to control the other person's actions. Remember, saying "You should stop hanging out with them because it hurts me" is not an effective way to set boundaries - instead, say "I need some space from those people; I'll be spending time with friends who support me."

Where in my life am I saying "Yes" when I mean "no"?

What am I afraid of happening if I start enforcing boundaries with those I love?

How do I want people to feel when I express a boundary? (Respectful, clear, not punished)

How will I handle it if someone pushes back on my boundary?

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# YOUR VOICE

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# YOUR VOICE

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# YOUR VOICE

## Setting Boundaries

Now that we've gotten more of an idea of what boundaries could look like, let's try and see how we can start implementing them. Take this time to reflect on your relationships with friends, a partner, etc. You can use the prompts below to help!

What does a healthy boundary look like for me in [work, family, friendships]?

What's a boundary that sounds scary to set—but would give me peace?

What can I say instead of overexplaining or apologizing for needing to set a boundary?

How can I express this boundary with kindness, clarity, and confidence?

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# YOUR VOICE

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# YOUR WELLNESS

## Staying Active Physically and Mentally

Now that we've taken the time to reflect on how to fuel our minds, and gain confidence in using our voice, let's take time for our bodies. It's so important to take care of our bodies so we can continue to thrive and do the things we love. While it may be difficult to take care of ourselves, this is a judgment-free space for you to reflect on how you can show up for yourself physically and mentally. By taking care of your physical body with exercise and nutrition, you can help your brain enforce healthier habits and therefore healthier thought patterns as well! Here's some prompts below to help you get started!

**What kind of movement feels good to me? Walking, Running, Swimming, Biking, Dance etc?**

**How can I redefine exercise in a way that feels exciting to me?**

**What is my body asking for today, whether it be movement, rest, hydration, or food?**

**How can I show kindness to my body?**

**How do I feel about getting rest, and how can I incorporate more mindful rest throughout my day?**

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# YOUR WELLNESS

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# YOUR WELLNESS

Handwriting practice lines consisting of 25 sets of three horizontal dotted lines.



# YOUR WELLNESS

## Daily Reflection Checklist

- ☐ Did I get to go outside today?
- ☐ Did I move my body with some exercise today?
- ☐ Did I eat a full meal today?
- ☐ Did I eat something healthy today?
- ☐ Did I drink some water today?
- ☐ Did I stretch today?
- ☐ Did I get good sleep last night? (7-8 hours)
- ☐ Did I brush my teeth twice today?
- ☐ Did I wash my face/do skincare?
- ☐ Did I take a shower or bath today?



# YOUR WELLNESS

## Daily Reflection Checklist (to add any custom goals)

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For your daily checklists, try to give yourself grace if you do not get to all of your goals for the day. Tomorrow is a new day. Each day that you try, you get one step closer to your goals and wellness!

We do hope this journal was helpful. We are so proud of you for taking this step and we hope this encouraged you to reflect on how you can take healthier steps in your day to day. We at STOMP Out Bullying are so grateful for you, and cannot wait to hear about your journey!

