

Mental Wellness Reflection Worksheet

1 Checking in With Yourself

How are you feeling today? Circle any feeling(s) that apply, or add your own.



Happy



Meh



Sad



Angry



Tired



Anxious



Confident

Other feelings: _____

Now, complete the following sentence:

"I feel this way because..." _____

2 Your Emotional Toolbox

When you're feeling upset or overwhelmed, what helps you feel better? These are called "coping skills". Check all that apply or add your own.

- ☐ Talking to a friend or family member
- ☐ Listening to music
- ☐ Drawing or writing
- ☐ Taking a deep breath or trying relaxation exercises
- ☐ Taking a walk or doing something active
- ☐ Spending time with a pet
- ☐ Other things that help me are: _____

Now, think of one new thing you'd like to try when you're feeling stressed. Write it here!

"Next time I feel overwhelmed, I will try..."

Now, draw in what's in your emotional toolbox:



3

Celebrate the Good Stuff

What is one thing that made you smile, laugh, or feel good recently?

What is one thing about yourself that you're proud of?

4

Setting a Personal Goal

Think of something small you can do to take care of your mental health or feel happier this week.

My goal is to:

To achieve my goal, I will...

5

Reach Out

Is there something on your mind that you'd like to talk more about? Who is someone you trust that you could talk to? List their names in the circle.

Circle of Support

If you don't know who to talk to, remember there are always teachers, counselors, or other safe adults who care about you.

