

MENTAL HEALTH MAY. WELLNESS JOURNAL

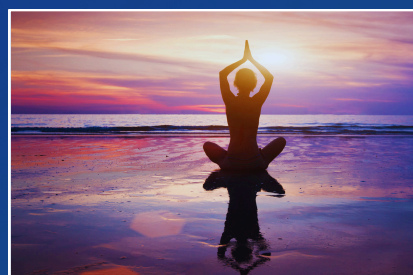
THEME: MENTAL HEALTH MAY, MORE GOOD DAYS, TOGETHER. REF;MHA



SCAN QR TO CONNECT WITH US



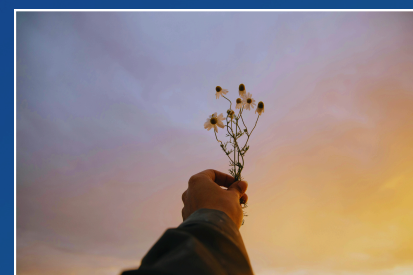
MINDFUL MONDAY



04

Who are the people that make me feel safe enough to be my softest self?
Connection is the energy that exists between people.ukn

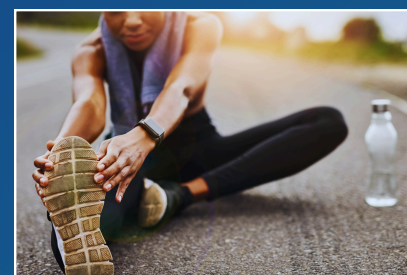
TENDER TUESDAY



05

How do I know when I am truly being heard?
The most basic of all human needs is to understand and be understood

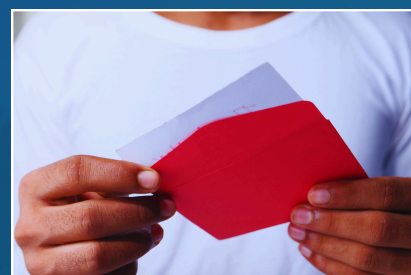
WELLNESS WENESDAY



06

Describe a time a friend held space for your tears without trying to "fix" them
Shared joy is double joy; shared sorrow is half sorrow

THANKFUL THURSDAY



07

What part of my personality only comes out when I feel safe?
To be seen is to be loved year?

FEEL GOOD FRIDAY

01



08

What does "loyalty" look like in my daily life?
Loyalty is the pledge of truth.ukn

SERENITY SATURDAY

02

Focus on water intake although the month.
UPGRADE THAT WATER BOTTLE 1LTR
"Drink water and bloom"

09

Who makes me laugh until my stomach hurts?
A good laugh turns your face from a frown, to a glow

SLOW DOWN SUNDAY

03

What is one small thing we can do together just for joy?
Pleasure is not a luxury; it is a necessity

10



11

How do I show up for myself so I can show up for others?
"You cannot pour from an empty cup. UKN

12

How do we create a "judgment-free zone" in our inner circle?
WE LISTEN BUT WE DO NOT JUDGE

13

How can I let someone help me carry a burden this month?
WE CAN'T BE SUPER WOMXN ALL THE TIME.

14

Who is the first person I want to call when things go right?
Celebration is a kind of food

15

What uniqueness do you bring on the table.
LET'S NOT compare our chapter one with someone else's chapter six.

16

What does "togetherness" look like when we both need resetting
Fun times with friends are a priceless moment.

17



18

What boundary do I need to set so I can be more present with others?
Daring to set boundaries is about having the courage to love ourselves."

19

Mental health problems don't define me.
Let's wear that smile, it matches all of our outfit outs

20

Being true to yourself is an act SELF AWARENESS.
let's learn to listen to ourselves

21

What is one thing I've forgiven someone for that brought us closer?

22

How can I be more patient with the people I love today?
Patience is the calm after the storm.UKN

23

Describe a moment where you felt "together" even while physically apart.
Distance means so little when someone means so much. ukn

24



25

Practise mindful journaling, take a step back from the events of your life and gain insight know yourself and your motives.

26

Describe the feeling of safe silence?
ITS OKAY TO ENJOY THE SOUND OF SILENCE.

27

Try new things Initiate a new friendship/ connection.
BE BOLD STAY CUTE

28

Reflect on the bravest thing you have done with a friend by your side?
"Courage is contagious

29

Celebrate someone else's win as if it were your own?
Her success is not my failure

30

Break up the monotony. add a little excitement to your routine. plan a mini fun day

30

YAY, WE MADE IT
CELEBRATE KO YOUR WINS

