



Self-Care Journal

Acknowledgements

Thank you to the CHECK IT volunteers
& the supportive student community.

Without your ideas, feedback, enthusiasm, and support,
this journal would not be possible.

And of course, a huge thanks to you, the survivor
for your resilience & strength.

FREE AND CONFIDENTIAL SURVIVOR SUPPORT RESOURCES

We all deserve support.

Here are folks we can talk to confidentially.

HSU's Campus Advocate Team

24Hr Hotline

707.445.2881

Made up of counselors from the North Coast Rape Crisis Team, our Campus Advocate Team will support you 100%. They can help you explore your options with services such as:

- Confidential support
- One-on-one counseling (call the hotline to make an appointment)
- Assistance in securing campus accommodations
- Advocacy and accompaniment during the reporting or investigative process

HSU's Counseling and Psychological Services

24Hr Hotline

707.826.3236

Humboldt Domestic Violence Services

24Hr Hotline

707.443.6042

National Sexual Assault Online Chat

24Hr Online Chat

www.rainn.org

National Domestic Violence Online Chat

7am-2am CST Online Chat

www.thehotline.org

Hello there!

*My name is Pax,
and I am a seedling from
the planet S33D. It's nice
to finally meet you!
I traveled all the
way from my home
galaxy because I heard
you're going through a lot.*



*I know that sometimes the
weight of the world feels like
too much, but I'm here to tell you that you're not alone, and
if you ever need someone to talk to, there are resources on
the previous page just for you.*

*I made this journal as a way to practice creativity and self-
care during your journey of self-love and healing, and as a
way to remind you that you are brave, strong, valuable, and
resilient. I hope you like it, and I hope it's helpful and useful
for you in some way.*

So what's inside?

A two-month mood calendar, art activities, and writing prompts to encourage creativity, introspection, mindfulness , and self -love.

How is journaling supposed to help me?

This miniature journal is simply an introduction to a self-care tool called journaling. This practice can help you clarify your thoughts and feelings, reduce stress, and get to know yourself better. While completing th is journal, keep in mind that other self-care tools like lifting weights, gardening, cooking, making music, building spaceships, etc. might also be effective and helpful. Experiment and figure out what activities and methods work best for you!

-Sincerely, Pax

Mood Calendar

Color each square to represents your daily mood.

There is room in the bottom right for a color legend!

(month)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Day 29	Day 30	Day 31				

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Self-Care Strategies

Create of list of effective self-care strategies that work for you or that you would like to try.

What Brings Me Up

Fill in the blanks to brainstorm ideas about your self-care ideals. Use this to complete the next activity.

When I am feeling down, I want to...

See:

Hear:

Taste:

Smell:

Touch/feel:



Your Profile

Circle the words that best describe you, and fill in the blanks.

Name & pronouns:

What's your
greatest
aspiration?

Birthday & birthplace:

Color:

Food & drink:

What's your
greatest wish?

Subject:

Music genre:

Hobby:

Early bird *or*
night owl?

Season:

Sky dive *or*
scuba dive?

What's your
life motto?

Work hard *or*
play hard?

Super strength
or super speed?

It's the Best Day Ever

Imagine how your ideal day would go, and describe it below.

Wake up time

Location

Outfit of the day

Weather

People to hang with

Breakfast

Morning plans

Lunch

Afternoon plans

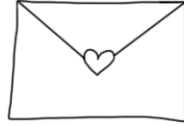
Dinner

Evening plans

Bedtime

Love Letter

Write a letter of kindness and appreciation to yourself.



Safe Space

Draw where you feel the most safe and at ease.

Is it somewhere in nature? Your home? Or
maybe even in your head?

A Good Ol' Cup of Something

Every favorite drink needs a favorite mug. Draw what yours would look like. What's inside?



Self-Care Cloud

What does self-care mean to you? Write or draw things that remind you about self-care around the word.



Checking In

Take some time to check in with yourself.

How are you feeling right now?   

Are you hydrated? YES NO

If NO, have some water. Drinking water keeps your body strong and healthy.

Have you eaten yet? YES NO

If NO, have a wholesome, nutritious meal. You deserve to have nutrient-rich fuel for your body.

Did you sleep enough? YES NO

If NO, take a nap or try to sleep at least eight hours. Your body deserves rest!

Do you feel yucky? YES NO

If NO, brush your teeth or take a shower. Feeling clean may refresh you.

Do you feel cooped up? YES NO

If YES, soak up vitamin D-rich sunlight, or if it's rainy, open a window - and breathe in fresh air.

Do you feel overwhelmed? YES NO

Close your eyes and breathe. Be in the present moment, and slow down your thinking and your movements.

Be Kind to Yourself

Listed below are some negative thoughts you may have about yourself or everyday life. Try turning these phrases into positive ones to shift the perspective.

I can't do anything right = I'm doing my best and that's what matters

I'm a failure =

This is too difficult for me to do =

I'm not good enough =

I give up =

When You're Feeling Down

When you're in a really positive and uplifting mood, write a note of support to yourself. Whenever you're having a rough day, you can read the message you left.

It's okay,
Pax. You'll be
fine.



Moral Compass

Circle or write the top five values that are important to you. Which guide you in making decisions in your everyday life?

Independence

Family

Creativity

Humor

Compassion

Adventure

Wisdom

Logic

Power

Freedom

Fun

Hope

Humor

Friendship

Strength

Education

(Add your own if you'd like!)

Cope-aliases, Definition: How I Deal with Feelings

Time to think about emotions.

The things that make me *sad* are...

I respond to *sadness* by...

The things that help me cope with this...

The things that make me *angry* are...

I respond to *anger* by...

The things that help me cope with this...

Cope-aliases, Definition: How I Deal with Feelings 2

Time to think about emotions again.

The things that make me *stressed* are...

I respond to *stress* by...

The things that help me cope with this...

The things that make me *exhausted* are...

I respond to *exhaustion* by...

The things that help me cope with this...

Little Victories

You've come a long way in life. What are you most proud of? (P.S. Kudos to you for facing the world for another day!)

#1

#2

#3

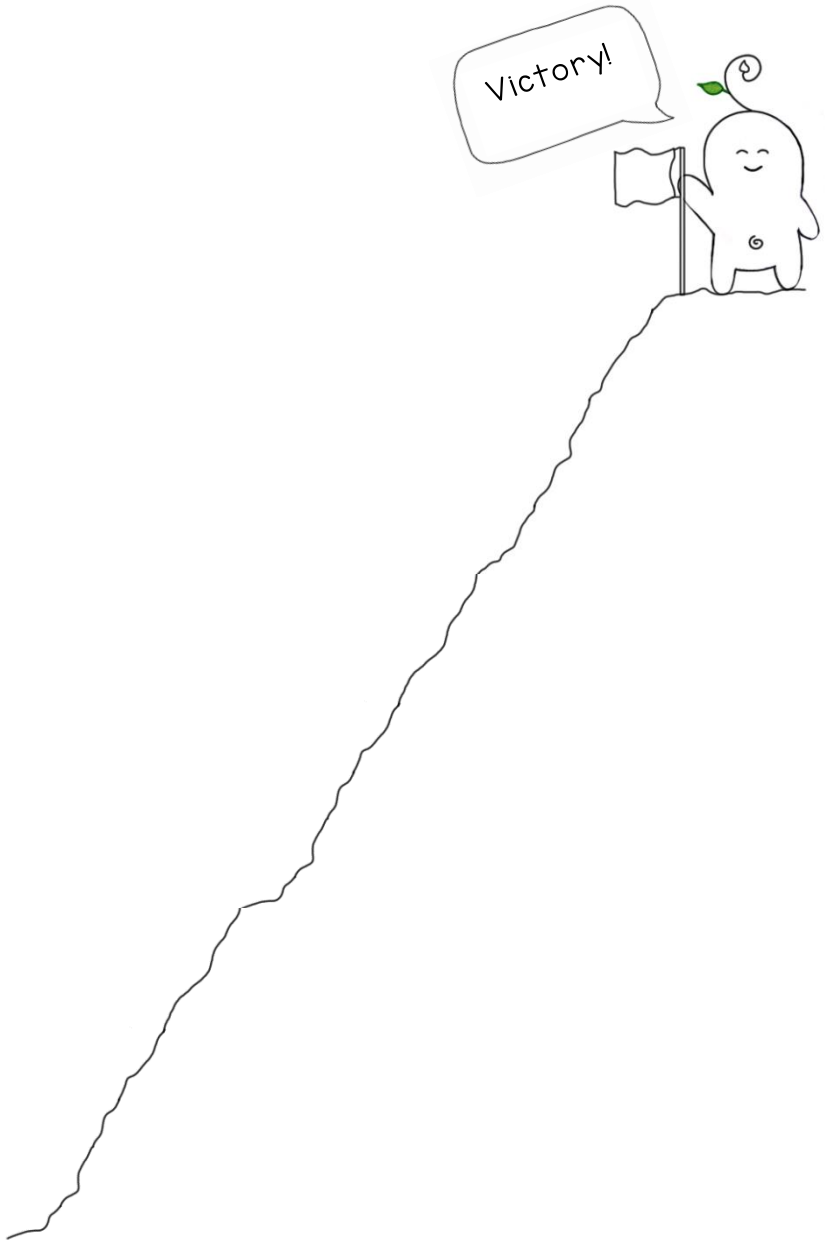
#4

#5

#6

Mountain ~~Goats~~ Goals

Write a goal you want to accomplish on top of the mountain. What steps do you need to take to get there? Describe them along the mountain's incline.



Let It Grow

Write down a trait you have or aspire to have on the pot. Next to each leaf, write down an action you have taken or can take that demonstrates the trait.



Quotable Quote

What's your favorite and most impactful quote,
and why?

Mirror Self-Image

Study yourself in the mirror and make note of your unique physical features.

What is something about your face (a freckle, a scar, the color of your eyes, etc...) that you have never noticed before?

What is your favorite facial feature, and why?

What part of your body are you most thankful for, and why? (Is it your tongue for allowing you to taste your favorite food, your hands for allowing you to write, etc?)

Negatives to Positives

Write down any negative thoughts you have about yourself. When you're done, cover them up with colorful doodles and write positive ones instead.

Unsent Letter

Write an honest letter of forgiveness, anger, appreciation, love, etc. to someone you'll never send it to.



Dragon Donut

Draw a combo of your favorite food and favorite animal.



Adventure Map

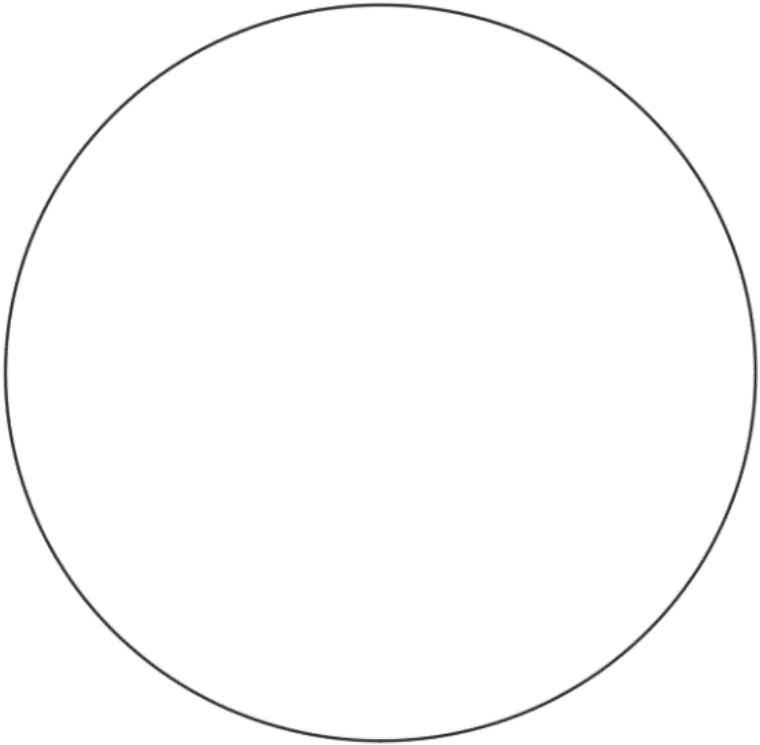
Think of a fun destination you would like to go to, and draw a map showing all the stops you'd like to take along the way.

I would like to try Earth's 'fast food'. I hope I can catch it in time!



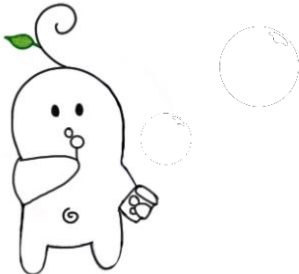
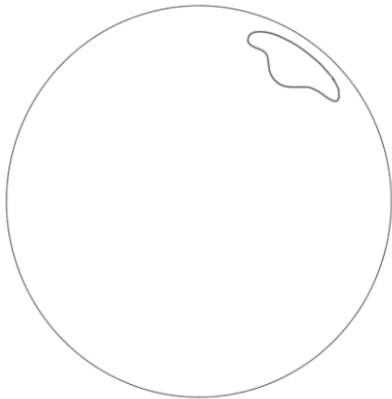
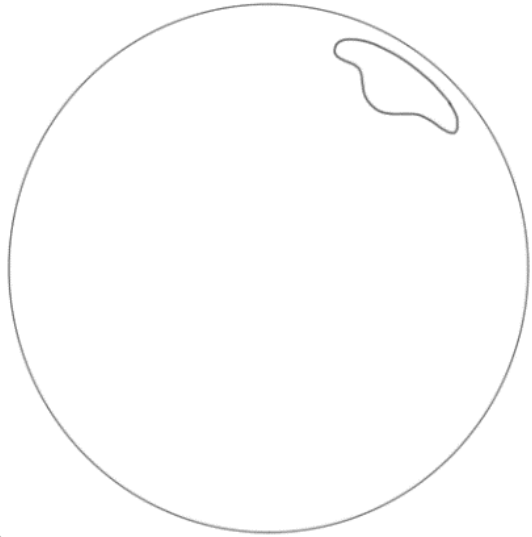
Planet Soul

Decorate the planet below in a way that best reflects who you are.



Attitude of Gratitude

Write down three positive things that happened today in each giant floating bubble.



Motivational Motivations

What makes you get up in the morning every day?

Your extrinsic motivation - things on the outside (traveling, getting a pet, having a cozy home, etc.)

Your intrinsic motivation - things on the inside (joy, personal growth, love for family, etc.)

Cheerleading

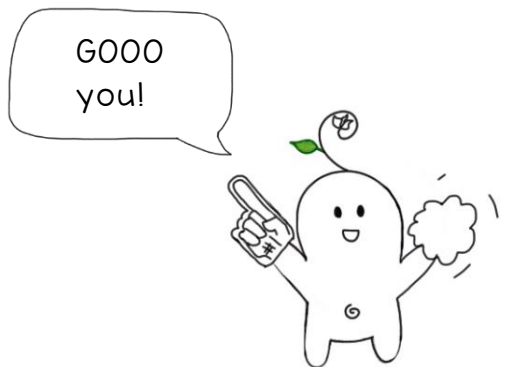
Write four positive affirmations for yourself like
“I will accomplish my goals” or “I can overcome
anything”.

1)

2)

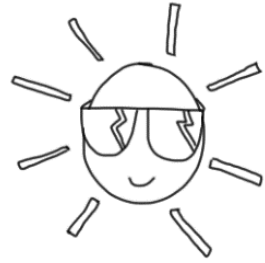
3)

4)



Feelin' Good

What makes you feel the most confident about yourself?



Smile List

Draw or write all the things that make you
happy.

Started from the Bottom

What does success mean to you? Family? Money?

Fame? Friendships?

Write to the Future

Write a letter to your future self in 20 years.



Dream Entry

Write or draw anything you remember from the best dream you ever had.



Support System

Who can you turn to when you want...

A laugh?

A good conversation?

A big hug (only if you like hugs!)?

A shoulder to cry on?

To feel appreciated?

To feel safe?

On the Bright Side

Let's find that silver lining.

What is one positive thing that happened today?

What is one moment when you felt at peace?

What is one thing you are looking forward to?

Little You

If you could give your 9 year old self three pieces of advice, what would they be?

1)

2)

3)

Message to the World

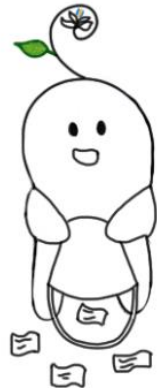
If you could announce something to everyone in the world at the same time, what would you say?



Bucket List

One bucket, one list of epic lifetime to-dos.

Who knew a
bucket could
hold so many
lists!



Alphabet of You

Write your name vertically on the left side of the page. Use each letter of your name to list a word or phrase that best describes you.

Self Portrait

Draw a self-portrait of yourself.



On the Big Screen

If your life was a movie, what would it be like?

Pick a genre *sci-fi *romance

*comedy *fantasy *action-adventure

*drama *other:

Pick a setting *Feudal Japan *Mars

*New York *Ancient Egypt *Jungle

*other:

Pick a theme *triumph over adversity

*love conquers all *good v. evil *survival

*other:

Major plot points *a battle *a mystery

*a heartbreak *a special artifact

*other:

Overcoming Obstacles

Whether it be tough situations at school or work,
you can overcome them!

Describe the stressful situation. What are your initial feelings and thoughts about the situation? What are your worries?

What is the best outcome, the worst outcome, and the most likely outcome of this situation?

What are your alternative thoughts to this situation now?

You did it!

Our journaling journey has come to an end, at least for now. I hope this has been helpful for you, and I hope you were able to get some inspiration for your own self-care strategies in the future. Maybe you grew a little like me!

-Pax



I believe you.

You deserve to be safe.

You matter.

Your feelings are valid.

You are brave.

You are strong.

You are valuable.

YOU ARE RESILIENT.

You deserve respect and kindness.

Self-care is resistance.

Take all the time you need to heal.

YOU CAN DO IT, DAY BY DAY.