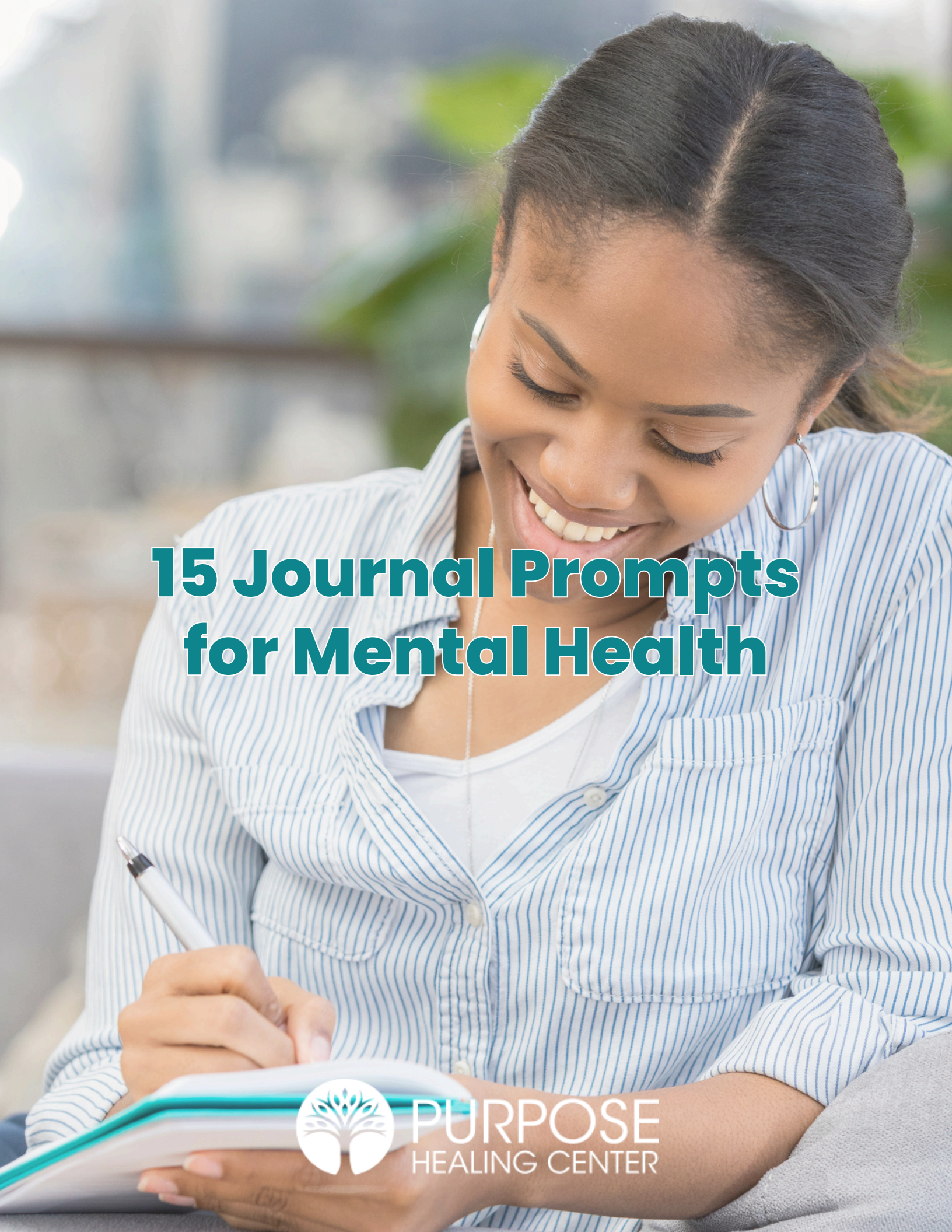


15 Journal Prompts for Mental Health

PURPOSE
HEALING CENTER

15 Journal Prompts for Mental Health

These mental health journaling prompts can help you find new ways to support your emotional well-being.

1) Write about a time when you grew through self-awareness. How did that growth impact your understanding of yourself?

2) How do your typical mental health symptoms affect your everyday life, and what coping strategies are most helpful for you?

3) Explore your inner world - write freely about your innermost thoughts and feelings.

4) What mindfulness exercises have you tried? How did they go for you?

5) Think about the idea of self-discovery. What have you learned about yourself in the past month?

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6) Gratitude journaling: List five reasons you feel gratitude right now.

7) Write a letter to your younger self, explaining how you eventually overcame self-doubt.

8) Imagine your ideal day and write the most positive aspects in your journal.

9) Write a letter offering encouraging words to your future self.

10) Gain clarity by writing down the pros and cons of a decision you need to make.

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11) What coping skills do you have to manage stress in your daily life?

12) It's time for emotional expression - articulate how you're feeling today.

13) Think about a time that trauma impacted you. How did you grow or change to have post-traumatic growth?

14) List five new ways you can try to practice self-compassion.

15) How can you show yourself self-love?