

Best Life Healing Journal

(Your Self-Care Getaway)

Created by Helpful Living Magazine

and

Social Work Consulting and Counseling, LLC

WELCOME

WRITE YOUR NAME HERE

There are many myths about mental health, one being that mental health applies to a certain of group of people, when in fact we all have mental health. **Mental Health is** the status of our emotional, psychological, and social well-being, or whether we are mentally well or not. Mental health is often confused with mental illness; and we do NOT all have a mental illness. **Mental illness** consist of conditions that impair individuals normal psychological functioning, and cause disruption and distress in individuals thinking, feelings, mood, behaviors, socialization or daily functioning. This journal was created to assist you in improving your mental wellness. All you have to do is be open, be honest, and be vulnerable with the process.

**So, let's start this journey off honest!
What are some of your weaknesses and strengths?**

WEAKNESSES	STRENGTHS
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Now that you know what mental health is, what do you hope this journal will help you do to improve YOUR mental health?

Affirmations

Affirmations are things we know that are good about ourselves and help combat negative thoughts. Complete five more "I am" statements about you.

I am
enough.



When you are finished, cut these out and hang somewhere where you can see them.

Three blank rectangular boxes with thick black borders and dotted lines around them, intended for writing affirmations.

Three blank rectangular boxes with thick black borders and dotted lines around them, intended for writing affirmations.



Don't Forget Your Roots

Coloring is therapeutic and an example of mindfulness. For this mindfulness activity, we want you to color and reflect on your roots, your values, and your dreams. We want you become grounded and appreciate the home and ground you walk on everyday. Now put some good music on, and color away.

Positive Vibes Only

L B G P P Z P O T U Y Z E A L
 U W X O Q V S U U O B U I L D
 F L U W D K U S E Z K T O B S
 Q I S E C L Z W B Q X Y D E A
 V H P R O O E V O L V E I A D
 A G F F W V H S Q B S B N U M
 B I A U W E E U V P M E T T I
 U N B L O Z K C W E I L E I R
 N S U P R V P C L Y L I L F E
 D P L T T I A E C R E E L U F
 A I O V H B R S R O V V I L U
 N R U D Y R E S E B K E G V L
 T E S B X A N F A U A I E C O
 I L I A P N T U T S P I N S F
 P L F T M T K L E T C F T D H

intelligent

successful

powerful

believe

fabulous

abundant

inspire

beautiful

robust

worthy

create

parent

admire

evolve

build

kind

zeal

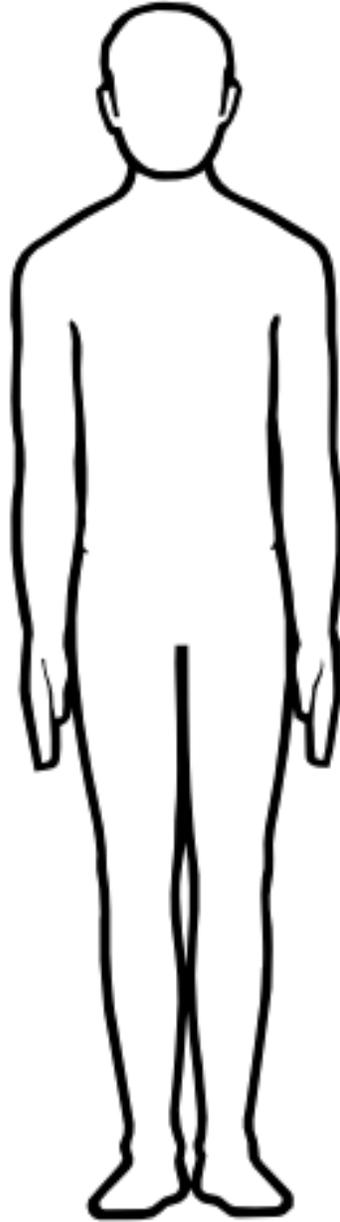
vibrant

smile

love

EMOTIONAL TRIGGERS

We can often feel emotions throughout our body and exploring where we feel these emotions can help us recognize when we are triggered. Take a moment to draw where you feel each emotion in your body.



Use this color template to guide you, but feel free to use whatever colors you want.

**COLORING
KEY:**



Happy



Anger



Disgust



Love



Sadness



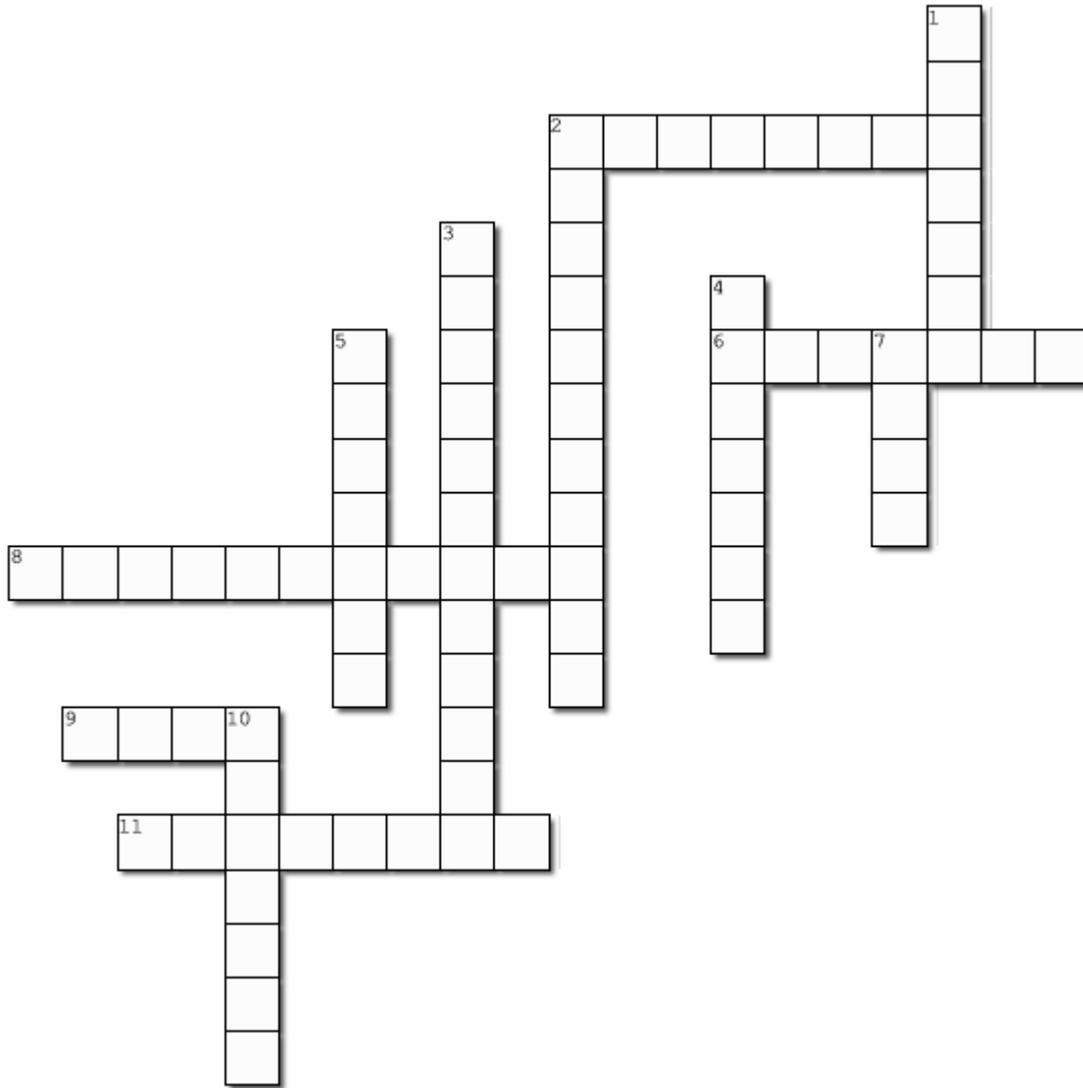
Fear



Surprise

When You're At A Crossroads

When you're are at a crossroad in life there are a few things you can do. Try to guess those things using the hints below. If you need more hints please see the list of words at the back of the book. If you are a pro, don't look.



Across

2. To think deeply or focus one's mind for a period of time.
6. To convey a thought or feeling in words or by gestures.
8. To share or exchange information or ideas with someone.
9. To stop work or movement in order to relax, refresh oneself, or recover strength.
11. Activity or physical effort, carried out to sustain or improve health and fitness.

Down

1. To take air into the lungs and then expel it for deep relief.
2. Focusing on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.
3. Replacing existing thoughts or words that are untrue and hurtful with words you know are true and positive about yourself.
4. The process of becoming mentally healthy again.
5. To stop feeling angry or resentful toward someone or yourself for an offense, flaw, or mistake.
7. To look at and comprehend the meaning of written or printed materials.
10. When you seek professional help to process your thoughts, feelings, and behaviors, and learn to be your best self.

Gratitude Statements: Part 1

Even when it does not feel like it, we all have something to be grateful for. Starting or ending your day with gratefulness can help fill you up with positivity and energy to get through the next day, hour, or moment. Try to come up with at least four things you are grateful for.

I am grateful for...

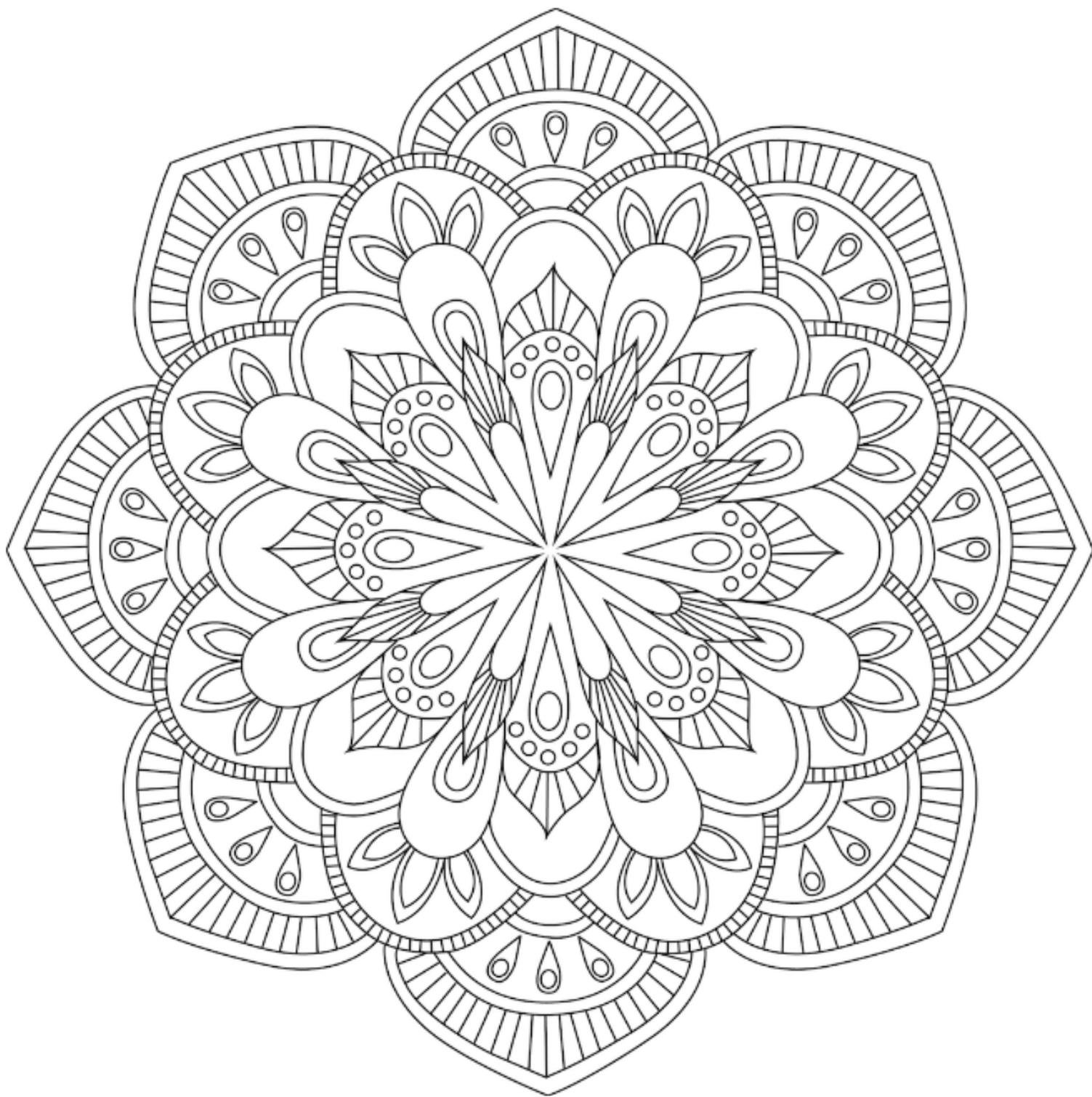
I am grateful for...

I am grateful for ...

I am grateful for...

Color Your Mind

Time for some more mindfulness coloring. This time we want you to focus on every stroke of the utensils you're using. Appreciate your hands that help you color, and appreciate the beauty of each color in general. Oh, and don't forget your favorite music.



Affirmations: Part 2

Affirmations can keep you motivated to do many things. For this page focus on affirmations that will help you achieve your life goals.

I am capable of achieving everything I put my mind to.

[Empty box]

[Empty box]



When you are finished, cut these out and hang somewhere where you can see them.

[Empty box]

[Empty box]

[Empty box]

FREE YOURSELF

E D P K M W S F V G X U W O J B B T U D
 T P N R C E F T J W B S E L F C A R E P
 O X C P L U N R R A A U L T F A U S L G
 O W M E E O H T B E A F L H S Y M R Z Y
 R H X O F F F U A M S R N E G E T B A H
 Z Q E M C R Z S K L V S E R I F E Q V X
 L H E A O E J D E G H O S A W S A Z V X
 W M O W L T S H I N G E S P Y L M E K C
 H H N A S T I R K A C S A Y V Z R N D D
 D O O Q T Z H V D Y G O R L J O M X U E
 W E N Q E H T C A Y T N U J T H E L P P
 F Q Y Z M R E A A T X L O R B H U L G R
 F T B S B R S R Y R E T M S A I S O R E
 N E S A R L X A A L E P B D I G T V H S
 O D Y N A L O W L P L K N H I S E E X S
 B U G X C X V X O M I C A R E A G A D I
 L C R I E E H F B Q B S X S J W S F I O
 M A O E T R E A T M E N T M D M D I W N
 R T W T W O D T T I P W S X P X J L S K
 S E Z Y R M N N L J K E A C H E A M M Z

mental health
 treatment
 selfcare
 therapy

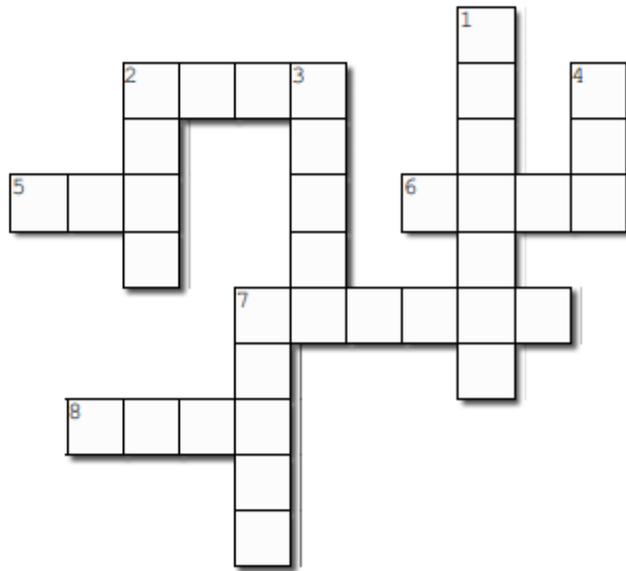
depression
 diagnosis
 motivate
 educate

health care
 therapist
 anxiety
 stress

encourage
 wellness
 embrace
 help

Coping with Crossroads

Coping skills are things we use or actions we take to respond positively to negative situations. YOU define what your coping skills look like. We have identified a few coping skills below. Try to figure out what they are, then turn to the next page to identify your own coping skills.



Across

2. To propel the body through water by using your bodily limbs.
5. Move at a speed faster than a walk, never having both or all the feet on the ground at the same time.
6. The act of expressing thanks or worship to a higher power.
7. Give a long, loud, piercing cry or cries expressing excitement, great emotion, or pain.
8. A form of play or sport, especially a competitive one played according to rules and decided by skill, strength, or luck.

Down

1. To record or write your own personal thoughts or experience frequently as a form of mindfulness.
2. Make musical sounds with the voice, especially words with a set tune.
3. Vocal or instrumental sounds (or both) combined in such a way as to produce beauty of a harmony or beat.
4. Shed tears, typically as an expression of distress, pain, or sorrow.
7. To state of body when in rest, typically recurs for several hours every night.

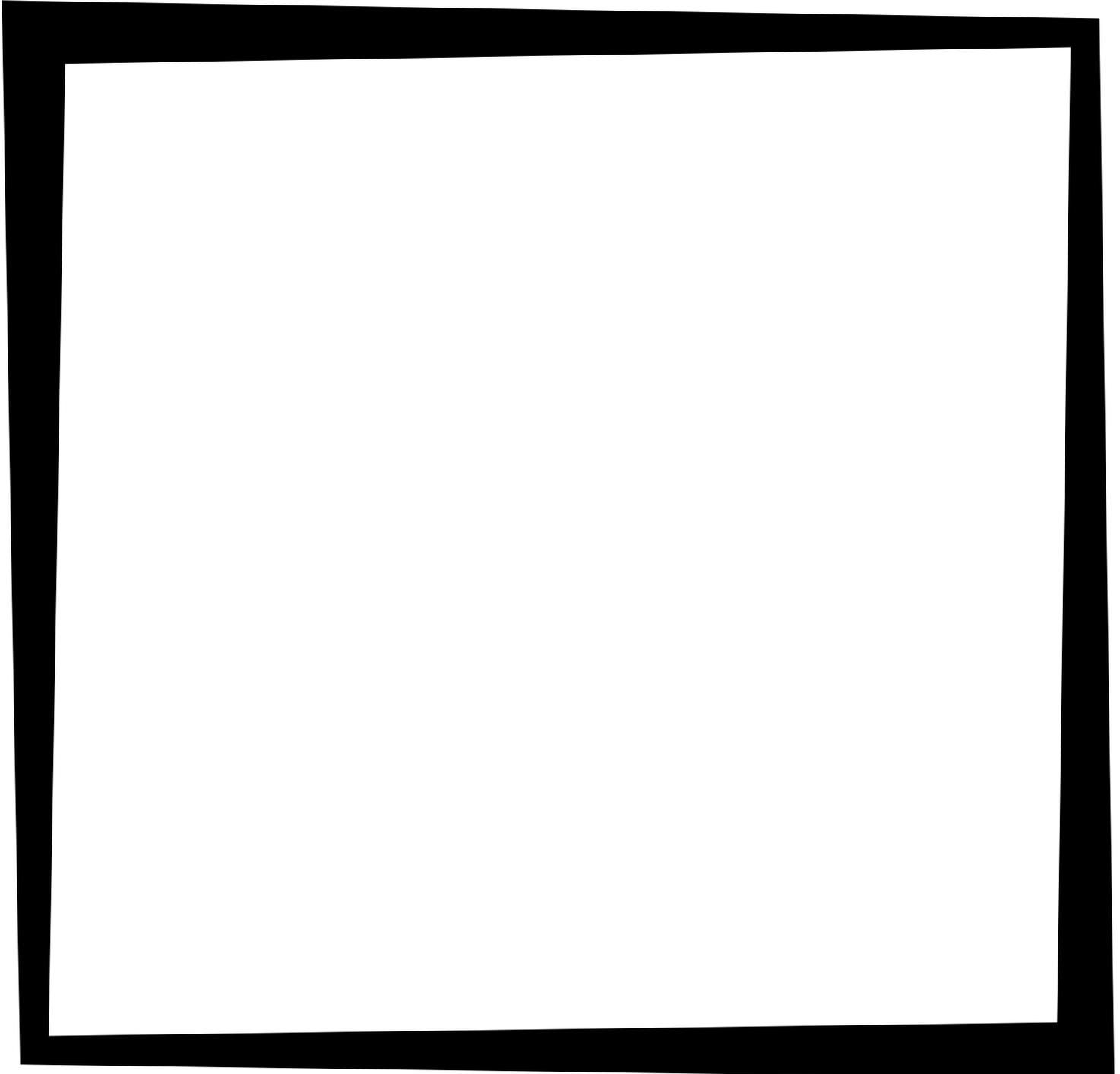
MY Coping Skills

We are all going to feel negative emotions that will affect our mood, thoughts, and behaviors. Therefore, it is good to be proactive and think about what you will do to soothe yourself in those negative situations. Use the page to identify at least four coping skills for yourself.

When I feel _____ I will ...

CREATIVE EXPRESSION

Creative expression helps one identify and articulate their feelings. Art is one of the ways we can display our thoughts and show our creativity. Draw how you have been feeling over the last couple of days.



Gratitude Statements: Part 2

Again, even when it does not feel like it, we all have something to be grateful for. For this gratefulness entry, we want you to identify four things about yourself that you are grateful for. (Ex. I am grateful for my funny personality that often makes others smile.)

I am grateful for...

I am grateful for...

I am grateful for ...

I am grateful for...

THOUGHT RECORD

WE ALL HAVE AUTOMATIC NEGATIVE THOUGHTS THAT MAKE US STOP AND THINK, "DID I REALLY JUST THINK THAT?". REVIEW THE EXAMPLE AND TAKE SOME TIME TO CONFRONT ONE OR TWO OF YOUR NEGATIVE AUTOMATIC THOUGHTS.

SITUATION

EXAMPLE: YOU APPLY FOR A JOB AND WAS NOT SELECTED

FEELING

EXAMPLE: DISAPPOINTMENT

NEGATIVE AUTOMATIC THOUGHT

EXAMPLE: I AM WORTHLESS

EVIDENCE THAT SUPPORTS THE NEGATIVE THOUGHT

EXAMPLE: I HAVE NEVER BEEN PROMOTED, ETC.

EVIDENCE THAT DOES NOT SUPPORT THE NEGATIVE THOUGHT

EXAMPLE: CURRENT EMPLOYMENT OR SKILLED AT
CURRENT JOB

ALTERNATIVE AND MORE REALISTIC THOUGHTS

EXAMPLE: I AM INTELLIGENT AND NEW OPPORTUNITIES WILL COME

NEW FEELING / EMOTION WITH NEW AUTOMATIC THOUGHT

EXAMPLE: EXCITED, HOPEFUL, AND MOTIVATED

Best Life Healing Journal Reflection

Please take some time to reflect on what you have learned while completing this journal. Reflect on what you have learned about YOU, and your emotions, thoughts, and behaviors.

I learned...

This journal has helped me identify _____ about myself...

Let's create at least one goal!

To make sure your goals are clear and reachable, each one should be **SMART**:

- **Specific** - (ex. *I will increase my positive thinking by creating affirmations*)
- **Measurable** - How much? How Many? (ex. *I will make 5 affirmations weekly*)
- **Attainable** - Account for limitations and barriers. (ex. *I will let my family know I need 15 minutes of uninterrupted time to create affirmations*)
- **Results-based** (ex. *I will evaluate in a month if I decreased my negative thinking*)
- **Timed** - Make sure your goal is time-based and time limited (1 month or 4 weeks)

Goal: (ex. I will increase my positive thinking by making 5 affirmations weekly for one month or four weeks)

One thing I plan to work on is ...

Goal 1:

Goal 2:

Goal 3:

How did we do?

Please consider emailing us a review or feedback at SWCC.HELP@gmail.com OR info@helpfullivingmag.com so we can better serve you and the community in the future.

Feelings Bingo

Learning your feelings is good for communication. Knowing the difference between each feeling can help you communicate how you feel by using one word. It is important to communicate the right feelings based on definitions because assigning the wrong feeling to a situation could result in negative outcomes. For example, telling someone that you are angry rather than frustrated, can suggest you're extremely annoyed and displeased (angry) instead of feeling dissatisfied due to not being able to figure something out (frustrated).

Objects / Items needed

1. At least 3 participants; 1 will be the host / caller.
(DON'T FORGET YOU CAN PLAY THIS OVER ZOOM, FACEBOOK, OR INSTAGRAM LIVE BY HAVING YOUR FAMILY DOWNLOAD THE WORKBOOK ON OUR WEBSITES AND PICKING A DAY TO PLAY)
2. Bingo sheets below
3. Markers, pens, or color pencils
4. Bingo chips or some type of space cover (if needed, cut papers into little squares)
5. Words and definitions for host / caller only
6. Rewards or prizes (OPTIONAL)

Steps

1. Hand out Bingo sheet and writing utensils and have each participants to freely pick their own free space and words from the list below. (Make sure each person creates a different bingo sheet to avoid multiple winners)
2. Hand out bingo chips or space covers
3. Once you're ready, have the host / caller **randomly read the definitions only on page 22** and have all participants guess what the word is. If participants have trouble, use scenarios and questions like: "How would you feel if someone let you down for not giving something you expected or promised" (disappointed). Once the correct word is called, everyone can cover that space if they have it.

- | | | |
|---------------|----------------|---------------|
| • Frustrated | • Worried | • Annoyed |
| • Excited | • Depressed | • Shy |
| • Sad | • Disappointed | • Brave |
| • Mad | • Scared | • Proud |
| • Angry | • Anxious | • Concerned |
| • Embarrassed | • Confused | • Overwhelmed |
| • Lonely | • Guilty | • Irritated |
| • Ashamed | • Bored | • Relieved |
| • Happy | • Confident | • Relaxed |
| • Surprised | • Nervous | • Energetic |
| • Jealous | • Tired | • Miserable |
| • Silly | • Shocked | • Thankful |

Feelings Bingo

Preparation: Make your own Bingo Card!

Use the words on the previous page to create your bingo card in the order you think the words will be called. (More cards are at the back of the book)

Bingo Words and Definitions

This page is for the host only!

Bingo with a twist, call the definitions NOT the words.

1. **Frustrated** - Feeling dissatisfied due to not being able to figure something out
2. **Excited** - Overly joyed about something to come
3. **Sad** - Affected by unhappiness or grief; sorrowful or mournful
4. **Mad** - Enraged; greatly provoked or irritated
5. **Angry** - Showing anger; a strong feeling of annoyance, displeasure, or hostility
6. **Embarrassed** - Feeling awkward from shameful situation
7. **Lonely** - Feeling isolated
8. **Ashamed** - Feeling guilt and embarrassment for something.
9. **Happy** - Feeling joy or satisfaction
10. **Surprised** - Feeling shocked after something that happens unexpectedly
11. **Jealous** - Feeling anger because of someone else success or reward
12. **Silly** - Acting child-like/goofy
13. **Worried** - Concerned about something
14. **Depressed** - Feeling low in spirits for extended period of time
15. **Disappointed** - Feeling upset due to someone letting you down for not giving something expected or promised
16. **Scared** - To be made afraid
17. **Anxious** - Feeling uneasy or hyper about something to come
18. **Confused** - Being unable to think with clarity due to misunderstanding or unclear directions
19. **Guilty** - Feeling deserving of blame
20. **Bored** - Feeling sluggish and sometimes irritated because there is nothing to do.
21. **Confident** - Feeling assured or satisfied with yourself
22. **Nervous** - Feeling uneasy or anxious about something to come
23. **Tired** - Feeling exhausted or sleepy
24. **Shocked** - To feel stunned at an extreme surprise
25. **Annoyed** - Irritated by unwanted actions of others
26. **Shy** - Feeling timid or bashful in front of others
27. **Brave** - Having courage to do something
28. **Proud** - Feeling happy or satisfaction about something regarded as highly honorable
29. **Concerned** - Interested in others worry
30. **Overwhelmed** - Affected by a lot of emotions or task at once
31. **Irritated** - Easily angered due to unexpected, negative or unwanted events.
32. **Relieved** - Feeling at ease after solving a problem
33. **Relaxed** - To feel without worries, comfortable, and at peace
34. **Energetic** - To be alert, active, full of energy and ready to do something
35. **Miserable** - Feeling sad, mad, uncomfortable and unhappy
36. **Thankful** - Acting grateful for someone's generosity

MEET THE CREATORS

HELPFUL LIVING MAGAZINE

Website: HelpfulLivingMag.com

INSTAGRAM: @HelpfulLivingMag

JAMIE ROCKYMORE-BESS



Jamie obtained her Bachelor's Degree in Psychology at Clarion University. After obtaining her degree, she worked on a mental health unit with children and adolescents as a Discharge Coordinator. In 2016, she furthered her education by receiving her Master's Degree in Communications. Jamie is a passionate blogger who promotes mental health and wellness, and effectively helps listeners to go deep into thoughts about how they value themselves and others. Jamie is the CEO of Helpful Living Magazine which provides resources, interviews with therapists, and guest writers a platform to provide

different perspectives on mental health topics. Jamie's goal is to have Helpful Living Magazine in therapeutic offices, primary care clinics, schools, hospitals, and in community organizations all over the world. Helpful Living Magazine just published its third issue, and it is one of the first of its kind. Jamie hopes this activity book helps individuals obtain coping skills, as they become aware of their mental health. No one is exempt from mental health, and she believes it's time we start the conversation, so we can make this world a better place.



Follow us for more important Mental Health and Wellness information.

MEET THE CREATORS

SOCIAL WORK CONSULTING AND COUNSELING (SWCC) LLC

WWW.MENTALHEALTHTS.US

INSTAGRAM: @TryTherapy_SWCC
FB: Social Work Consulting and Counseling

JESSICA GURLEY, LCSW



Jessica Gurley is a Licensed Clinical Social Worker (LCSW) with over twelve years of mental health experience. Jessica has worked for some of Pittsburgh's most respected organizations with intense mental health services such as UPMC, Mercy Behavioral Health, Glade Run, and now Veterans Affairs. She has been providing clinical services to diverse populations of children, adults, families, and Veterans with mild to severe mental illness, addictions, intellectual disabilities and autism diagnoses. Jessica is also the owner of Social Work Consulting and Counseling (SWCC) LLC which provides therapy, customized trainings, and consulting services for universities, nursing homes, and small and large businesses in need of improving mental health education.

Jessica is passionate about the mental health of disadvantage communities. Jessica always communicates in a way that is culturally sensitive, and she is confident when presenting to expert professionals and skilled at including new professionals. Lastly, Jessica recently embarked on a new journey to reduce stigma related to mental health and normalize going to therapy by creating a mental health t-shirt line. She also hopes her t-shirts help reduce the suicide rate. Jessica has sold over 400 t-shirts in her first year and does not plan on stopping anytime soon. Jessica hopes this journal will create opportunities for families to talk more about mental health, and start the healing process in homes across the world. She also hopes this journal will create a domino effect of more people seeking therapy to learn how to manage life experiences more effectively and adopt unapologetic self-care routines. Jessica's and SWCC's mission is to H.E.L.P.: Heal, Enlighten, Liberate, and Plan with every person she serves.



Follow us for more important Mental Health and Wellness information.



MENTAL HEALTH RESOURCES

GET HELP WHEN "YOU" NEED IT, DON'T WAIT!

YOU ARE NOT ALONE. 1 IN 5 PEOPLE STRUGGLE WITH MENTAL ILLNESS.

Crisis

- National Suicide Prevention Lifeline
1-800-273-8255 (24/7)
- Crisis numbers you can text: 741741
OR 838255
- Domestic Violence Hotline
1-800-799-7233
- Resolve Crisis - Allegheny County
1-888-796-8226

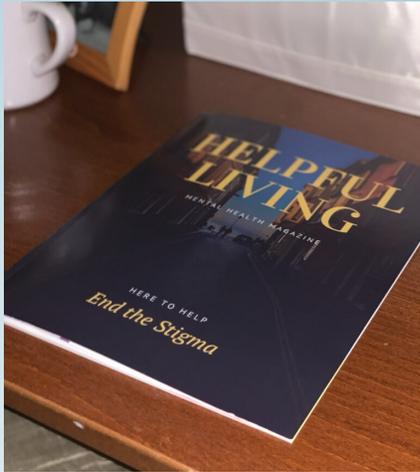
Maintenance

- Find a therapist and search by zip code. www.psychologytoday.com
Financial Assistance for therapy, copays, and more, contact these organizations:
- Steel Smiling (412)-532-9458
- The Boris Henson Foundation
- Instagram: @Blackmenheal

For Your Best Life & Information

- Liberate Meditation app
- Calm App
- Gratitude App
- House party App
- Pocket Workout App
- www.Mentalhealthfirstaid.org
- www.NAMI.org

& Social Work Consulting and Counseling, LLC Mental Health Magazines, T-shirts, and MORE...



QUESTIONS TO ASK A THERAPIST
By Dr. Tanya Martin

...I began to ask questions, just as I would when I met with any healthcare provider for the first time. For example, after having the same dentist for over 20 years, a few years ago, I had a dental emergency and my dentist was on vacation and there was no one available to treat with me. I was starting to get disappointed with my dentist, she gave me the contact information for her dentist and my colleague. I was able to get in the same day. After the visit, I was disappointed and I was immediately concerned about the possibility of pain and being without a tooth. Because I knew with my dentist for so long, I wanted to know more about this dentist before I agreed to allow her to pull my tooth. Consequently, I began to contemplate questions, and once the questions about possible pain and tooth retention were asked, I realized that I wanted to know more about the dentist—their training, how long they'd been a dentist, how many teeth they pulled, and most importantly, who was necessary to pull mine. To my surprise and satisfaction, she kindly and with a great deal of patience answered each of my questions. As a result, she went on to pull my tooth and she's been my dentist for the last three years.

If asked the above story to illustrate the importance of asking questions of ANY and ALL healthcare providers, it's especially important to have a very open and honest dialogue with your therapist and in order to know that, it is necessary for the patient to ask the manager/owner a patient's endorsement or a label label that the therapist already knows that they are thinking. Of course, this is a later narrative and should be discussed and the question should be asked in order to receive the best and most comprehensive therapeutic experience possible. Further, although there are a myriad of other questions that can be asked, here are a few and they are as follows:

45-50 minutes asking them some very personal



FIREFLIES UNITE WITH KEA BLACKMAN



Kea Blackman received a lot of time in the mental health community. She not only started her own podcast but she is a First Aid Mental Health Trainer and has her own experience with mental wellness. She takes her transparency to her podcast as she continues to help her listeners understand mental health. She provides consulting as well as speaking engagements on her website, [Helpful Living Magazine](http://helpfullivingmagazine.com) had the opportunity to talk with Kea and discuss her mission for *Fireflies Unite*.

HL: How did you come up with the name *Fireflies Unite*?

I was having a brainstorming session with my cousin and we were thinking of names that spoke to what I wanted to do with my brand. I can't take full credit as my cousin helped me come up with the name and the meaning behind it. *Fireflies Unite* is the first and only mental health media and communications company. Its mission is to bring light into darkness (just like the fireflies) by sharing the stories of people of color who live and thrive with mental health conditions through digital, social, print and broadcast media, events, training and community partnerships. This is only the beginning as I have a long way to go to build the brand but I am happy with the direction it is going in.

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Get to know Black Men Heal



Black Men Heal is an organization in Pennsylvania that designates their time in helping men heal. Black men are known as providers and protectors, however it is not common for people to talk about black men that need to heal emotionally. This organization understands the missing link in mental health in black men. For some men mental health is not a conversation that is discussed and for others the topic of mental health is commonly ignored. Our men are in need of healing emotionally just as much as anyone else. *Helpful Living Magazine* got the opportunity to get to know about Black Men Heal, their mission and goals for the future



A THERAPIST'S LOOK AT THE CHALLENGES OF ACCESSING THERAPY IN THE BLACK COMMUNITY
By HALCYON FRANCIS, DSW, LCSW-C

I began my career as a clinical social worker in an outpatient mental health clinic (OMHC) located in Catonsville, MD, where I worked for 10 years as a therapist and as a diagnostician. Now, 15 years later, I have my own private practice and many of my clients are young, professional, Black women. I realized within months of opening the practice, that the clients I once treated at the OMHC, were not the clients who were seeking treatment from me. It then occurred to me that the clients I used to treat, were probably unable to access mental health treatment with private practice clinicians like myself due to several hindrances. In this article, I will explore some of those obstacles from feedback I've received.



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Answer Key

Page 8

When You're At A
Crossroads

DOWN

- 1.BREATHE
- 2.MINDFULNESS
- 3.AFFIRMATIONS
- 4.HEALING
- 5.FORGIVE
- 7.READ
- 9.REST
- 10.THERAPY

ACROSS

- 2.MEDITATE
- 6.EXPRESS
- 8.COMMUNICATE
- 9.REST
- 11.EXERCISE

Page 14

Coping with
Crossroads

DOWN

- 1.JOURNAL
- 2.SING
- 3.MUSIC
- 4.CRY
- 7.SLEEP

ACROSS

- 2.SWIM
- 5.RUN
- 6.PRAY
- 7.SCREAM
- 8.GAME

How did we do?

Please consider emailing us a review or feedback at SWCC.HELP@gmail.com OR info@helpfullivingmag.com so we can better serve you and the community in the future.

Feelings Bingo

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