



While journaling has been proven to have so many benefits for mental health, it can be a challenge to just sit and write! If wanting to get into the habit, bullet journaling is a great way to start. Bullet journaling before bed (at least an hour before to prevent increased tension in the body) can help the mind let go of things, decrease ruminating, and calling back information we are afraid of forgetting. Below is one format to help with this. Try this format daily in your favorite notebook or with these worksheets.

Stressors:

List of any challenges, worries, or stressful occurrences, thoughts, or feelings during the day.

Positive Evidence:

This list can include gratitude, noticing something that makes us smile, an accomplishment for ourselves such as brushing our teeth or arriving on time, a kind memory, a surprise compliment, and more.

To Do:

Anything that is a task to be remembered whether short term or long term.

Affirmations:

Any soothing phrases to recite while managing thoughts and feelings while trying to rest. These phrases can be created by summarizing stressors with positive evidence. For example, today I faced many challenges, and I found joy. Today I managed a lot, and I choose to be calm.

Below are charts to use or can be colorfully created in your favorite journal.

SUNDAY

Stressors	Positive Evidence	To Do	Affirmations

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