

MY MINDKIT JOURNAL



MindKit

is a website created for and by young Veteran Family members to explore things related to mental health.

Check out [MindKit.ca](https://www.mindkit.ca) to learn more.

You can use this journal any way you like — as a place to record your thoughts or ideas, to track your goals or moods, to draw or paint how you feel and more! You'll find some prompts to help you get started. There are also plenty of blank pages so you can do your own thing.



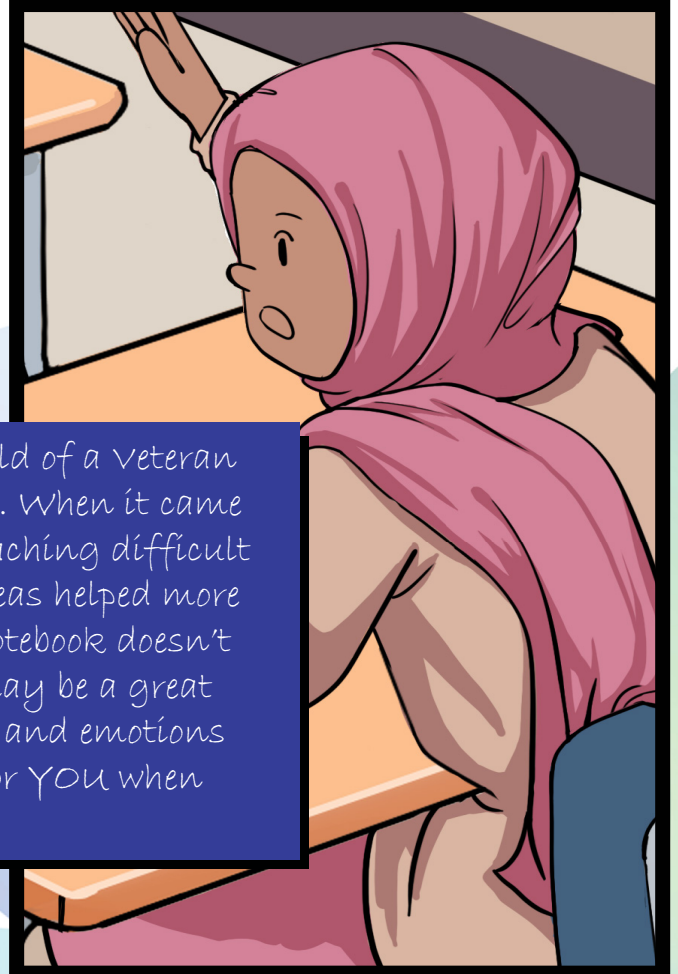


**Hey, Kayla here
and I'm a military
Family member too!
I get it...**

it can be a lot sometimes, especially if your parent or loved one has a posttraumatic stress injury (PTSI). There are times that I have thoughts that don't make sense right away or questions I don't feel like I can ask, so having a space like this journal helps me make sense of it. For me, journalling feels like talking to a friend that understands. I hope when you come here to write out your thoughts, you feel heard and less alone, like you too are with a friend who understands.

**Hey there -
my name is Sam and
I'm the daughter of
a Veteran with post-
traumatic stress
disorder (PTSD)**

A big challenge that I faced as a child of a veteran is that I never knew whom to talk to. When it came to expressing my thoughts or approaching difficult conversations, writing down my ideas helped more than I could have imagined. This notebook doesn't have all the answers, but using it may be a great way to start processing the feelings and emotions that you're feeling — a safe space for YOU when you need it.






How to use the journal

MoodTrackers:

There are three MoodTracker pages. Use these to track your daily moods over a one-month period. Here are some tips to get started:

- *Use the legend to list emotions and choose a different colour or pattern for each. For example:*

 Happy  Frustrated  Inspired

- *Log your mood each day in the numbered spaces.*
- *Review your MoodTracker at the end of each month. Looking back on what you've written can help you reflect on your emotions as well as recognize any triggers or patterns.*

Journaling pages:

There's a mix of lined, blank and dot-grid pages. Try out each of them to see what you like best!

Lined pages:

You can use the lined pages to write about your thoughts and ideas or how you're feeling. Here are some examples of things you could write about — you'll find some prompts throughout the journal too:

- *How you're feeling*
- *Things that make you smile*
- *Recent challenges or frustrations*
- *What you're proud of or thankful for*
- *Personal, academic or career goals*
- *Questions you have*
- *Inspirational quotes or sayings*
- *Lists of your favourite things (like songs, books, or movies)*
- *Stuff you need to get done*

Dot-grid pages:

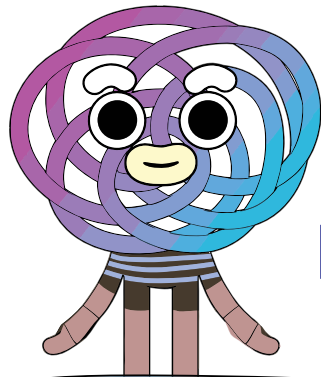
These pages are for bullet journaling. The dots help you draw lines, boxes and tables to organize your page while still allowing you to be creative. This means that you can write, doodle, draw or create your own trackers and lists, all on the same page.

Blank pages:

Use the blank pages any way you like. Get creative and draw or paint how you feel, or use it like a scrapbook to paste in stuff that helps you express yourself. You can also use these pages to write — the possibilities are endless!

EmojiMeter:

You'll find a daily EmojiMeter on different pages throughout the journal. Check off the emoji that best represents your mood for that day. Tip: You may also want to think about why you feel that way and then write about it.



Choose a colour or pattern for each different emotion you feel and then log your daily mood in each space!

MoodTracker

Month: _____

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

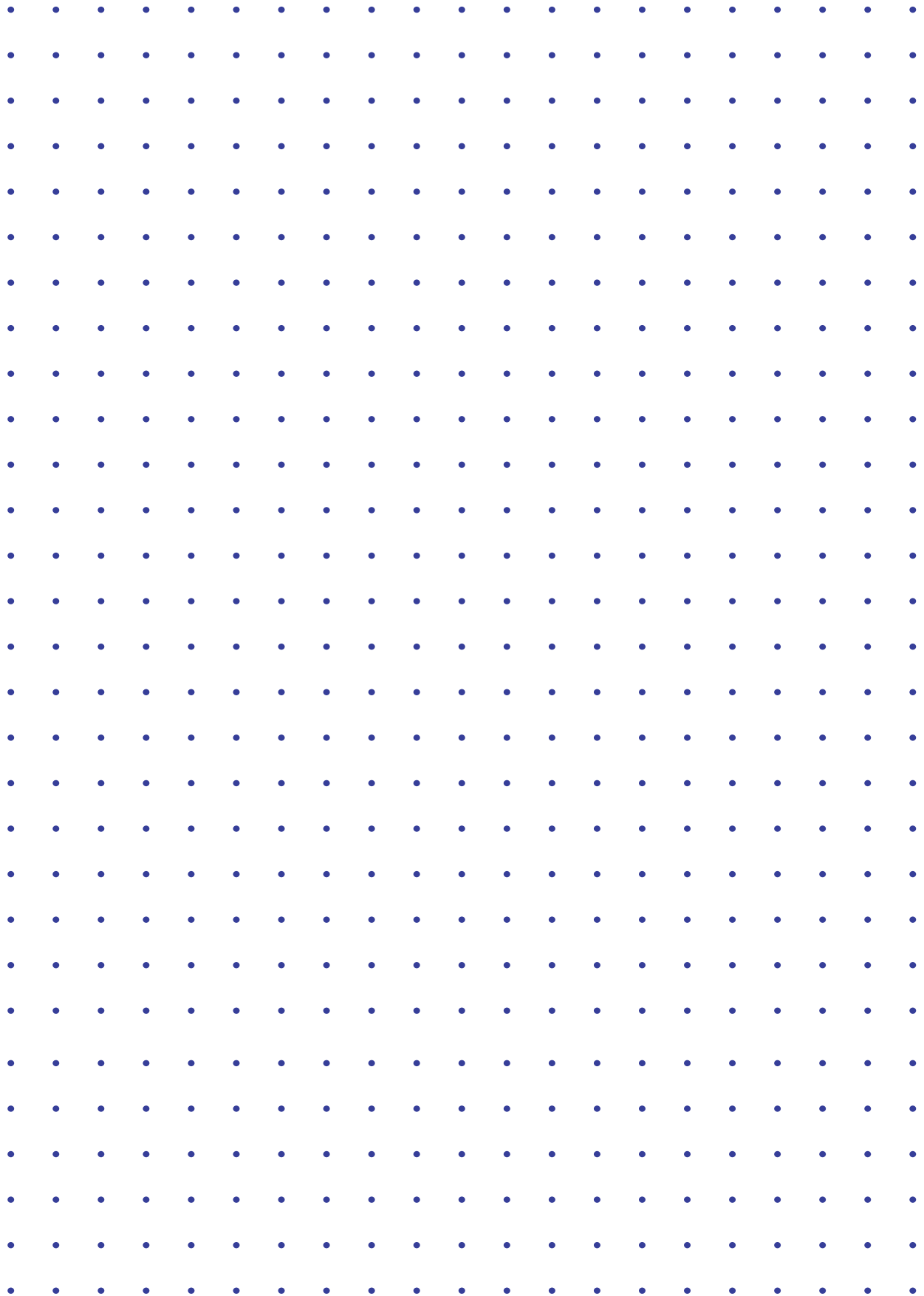
My mood legend:

- _____
- _____
- _____
- _____
- _____

Date:

**This page is blank
for you to use any way you like!**

Date:



EmojiMeter



Date:

Write about something that makes you feel upset or sad.

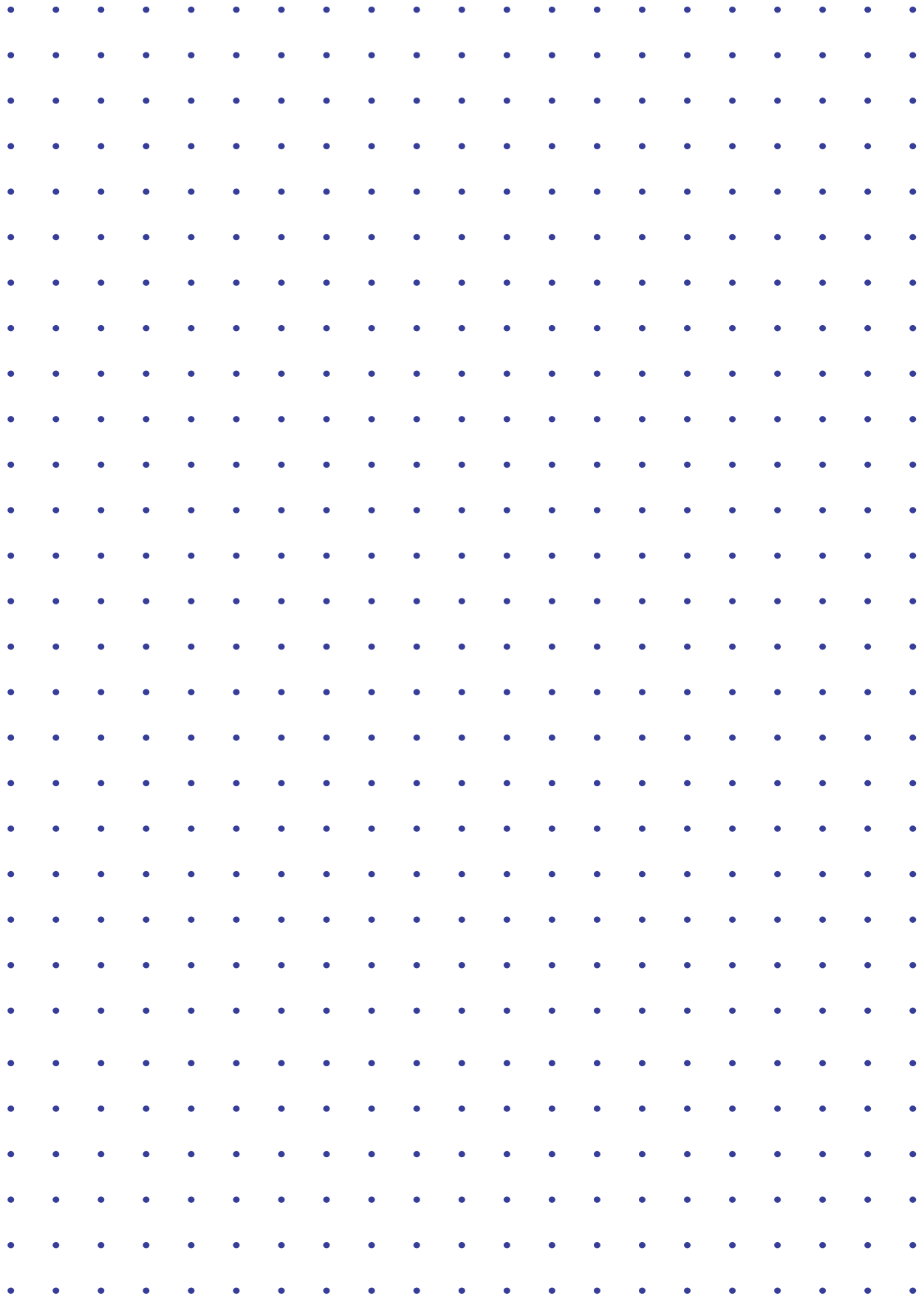


Note: Having good mental health doesn't mean always being in a good mood. It's okay to feel sad or mad at times and to talk about all feelings, including negative ones.

Date:

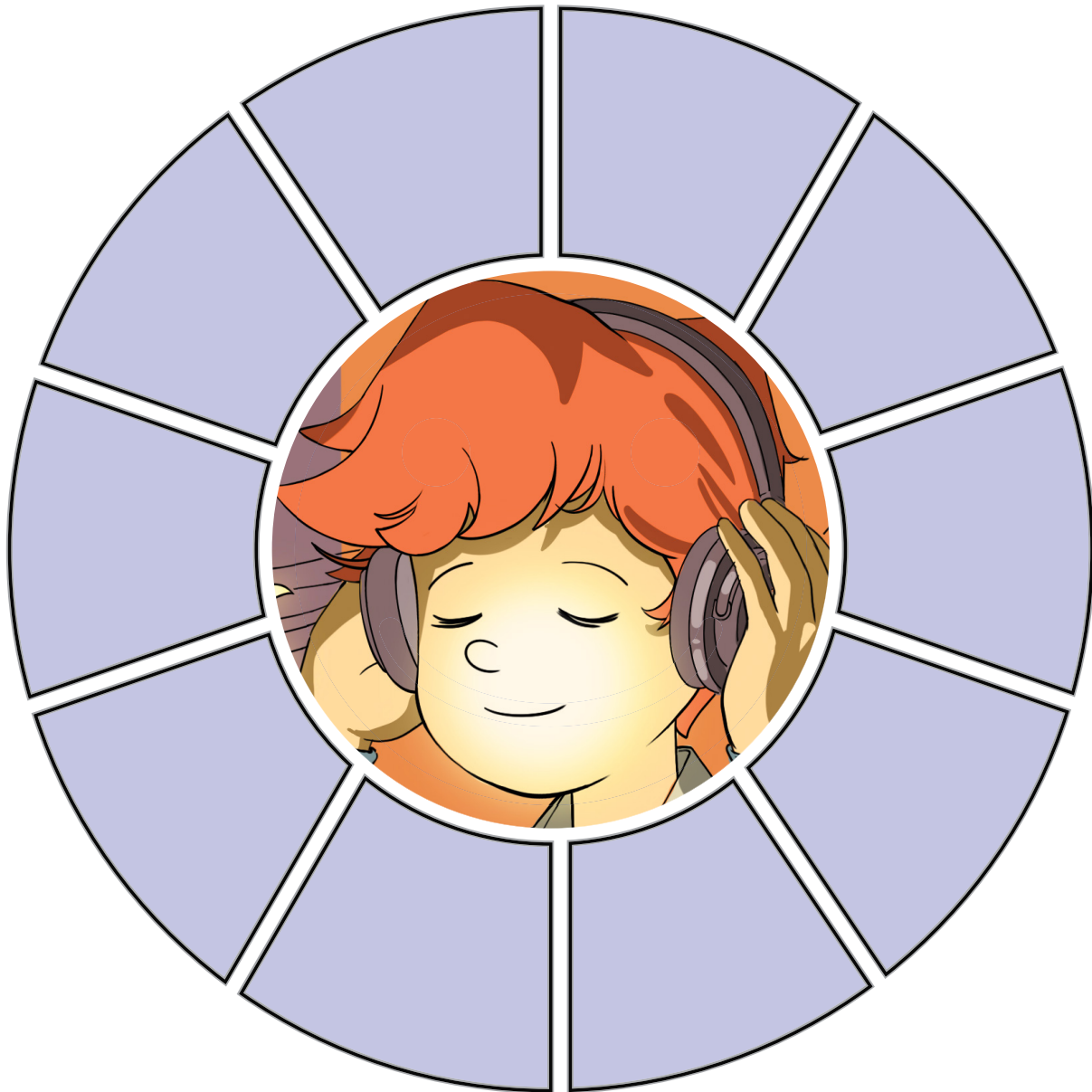
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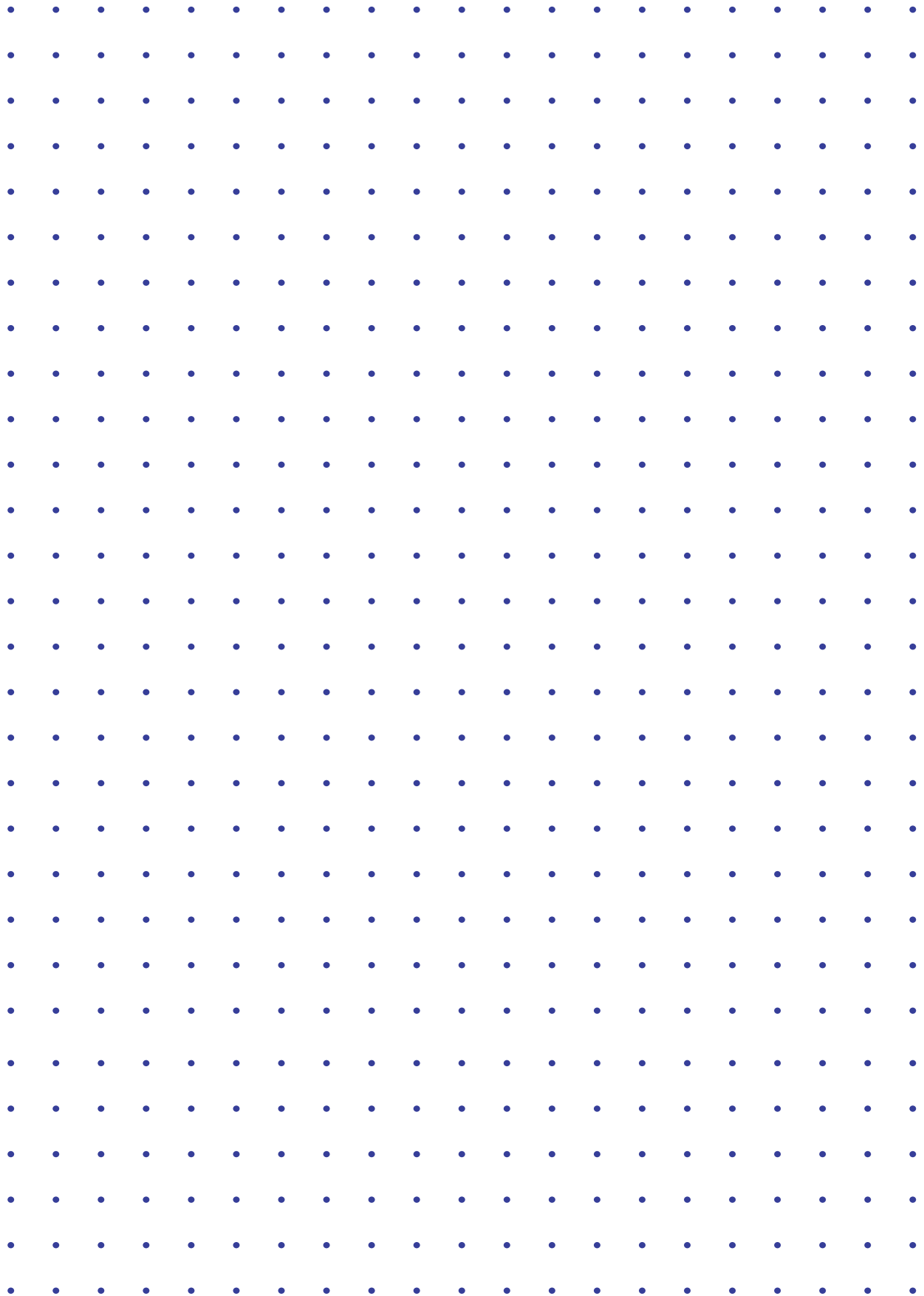
List 10 things that make you smile:

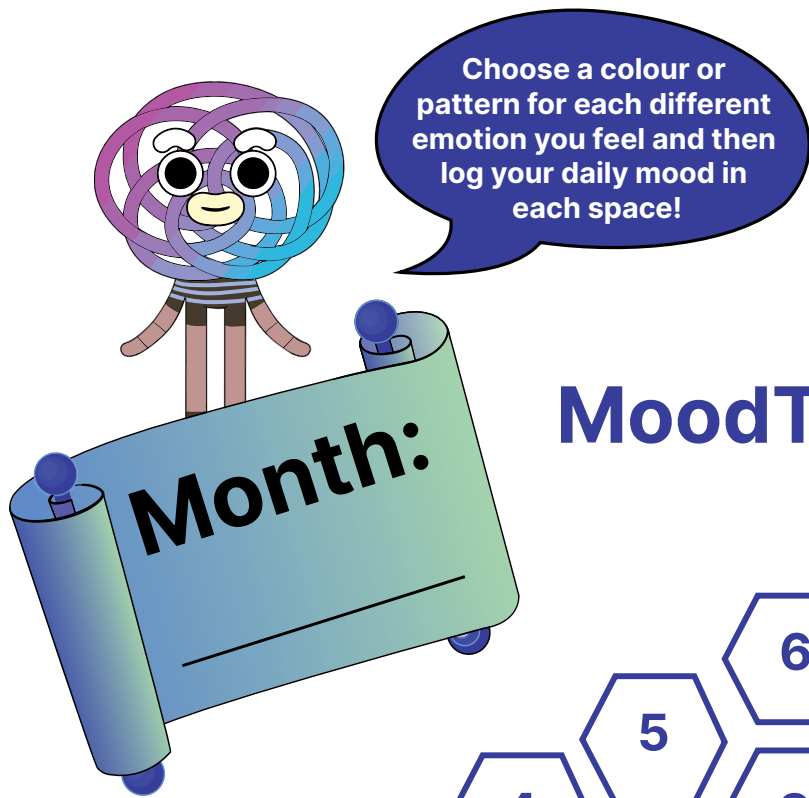


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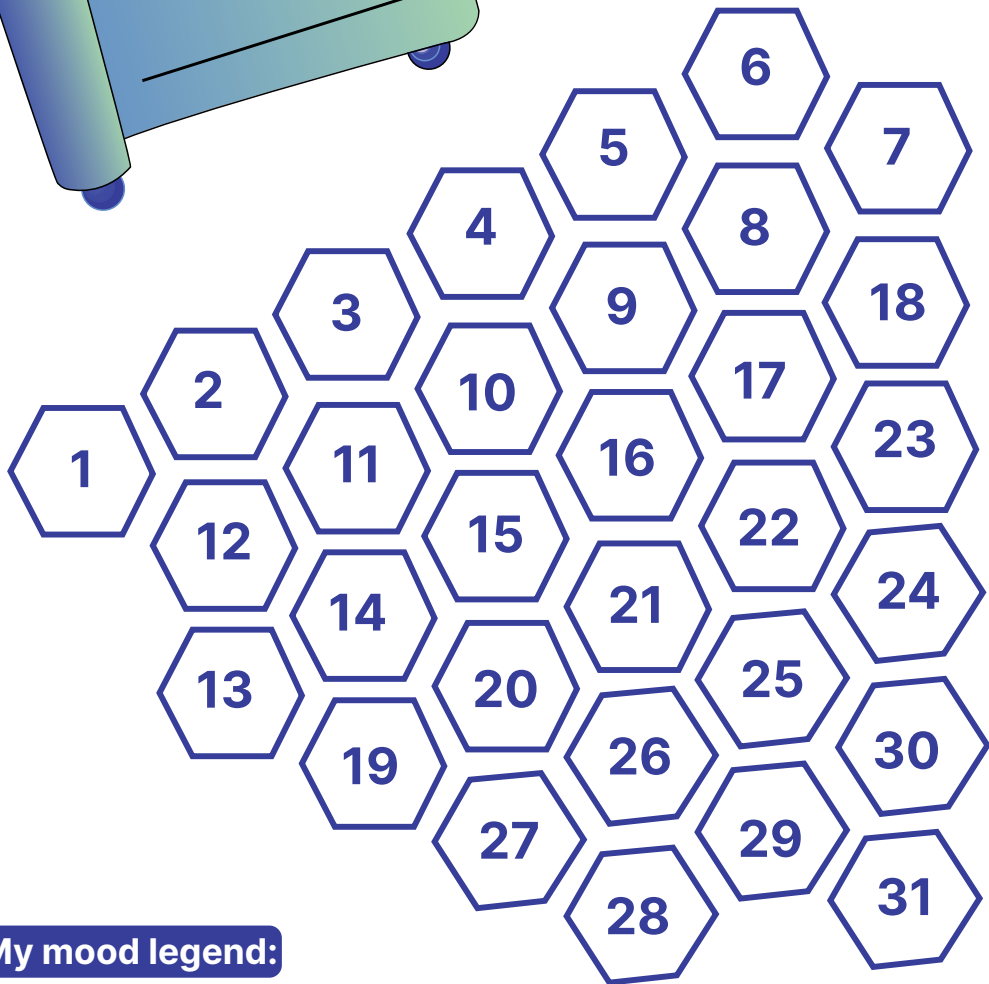
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MoodTracker



My mood legend:

Date:

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for you to use any way you like!**

EmojiMeter

Date:



A large grid of 20 columns and 20 rows of small blue dots, intended for writing notes.

On the left side of the page, list three things that your inner critic might say.



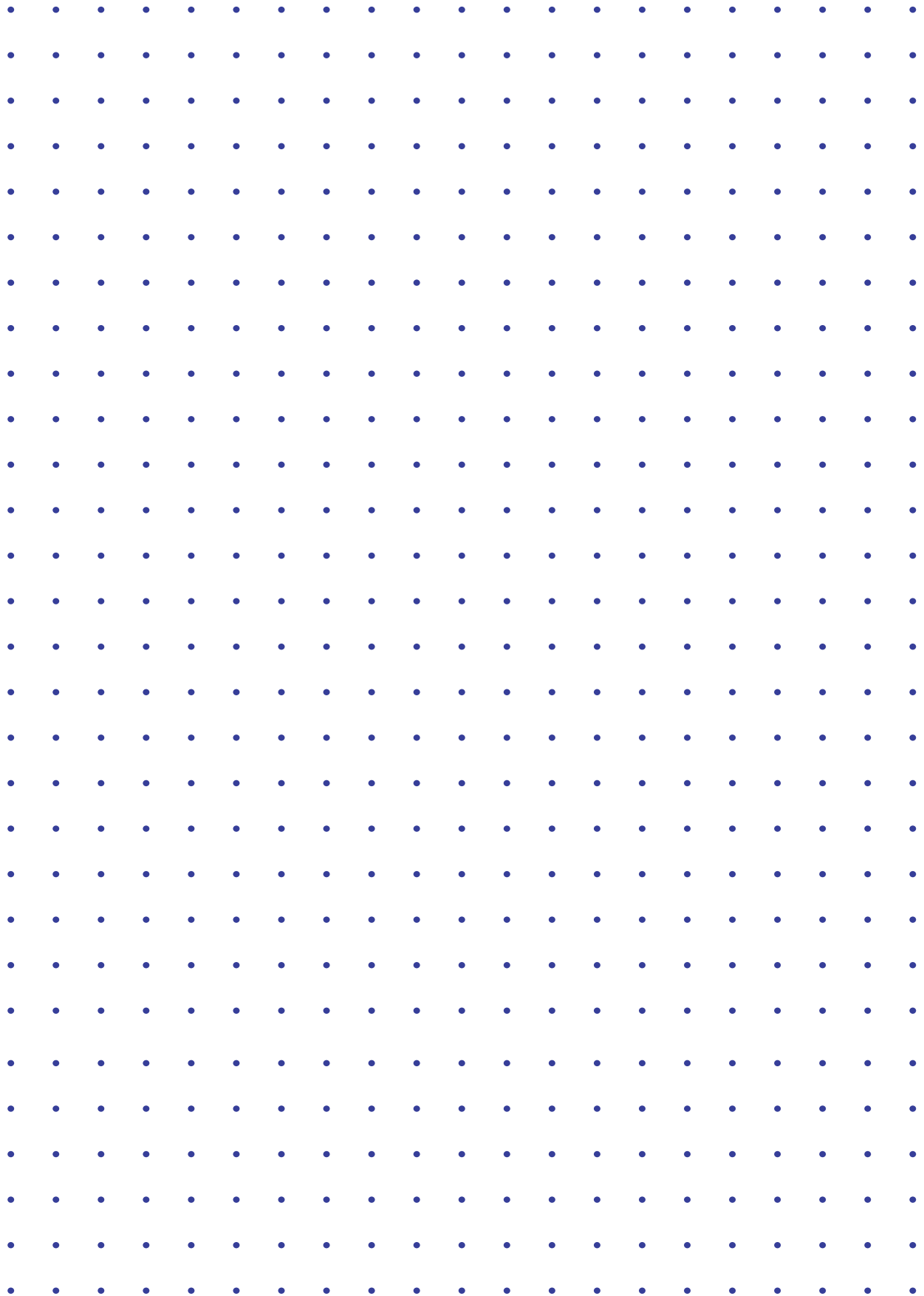
Then, on the right list three ways that your inner coach can respond.



Date:

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for you to use any way you like!**

Date:



Use RULER to get scientific about your feelings:

Date:



Recognize

Understand

Label

Express

Regulate

How are you feeling today?

What's happened to make you feel this way?

What are some words that describe how you're feeling?

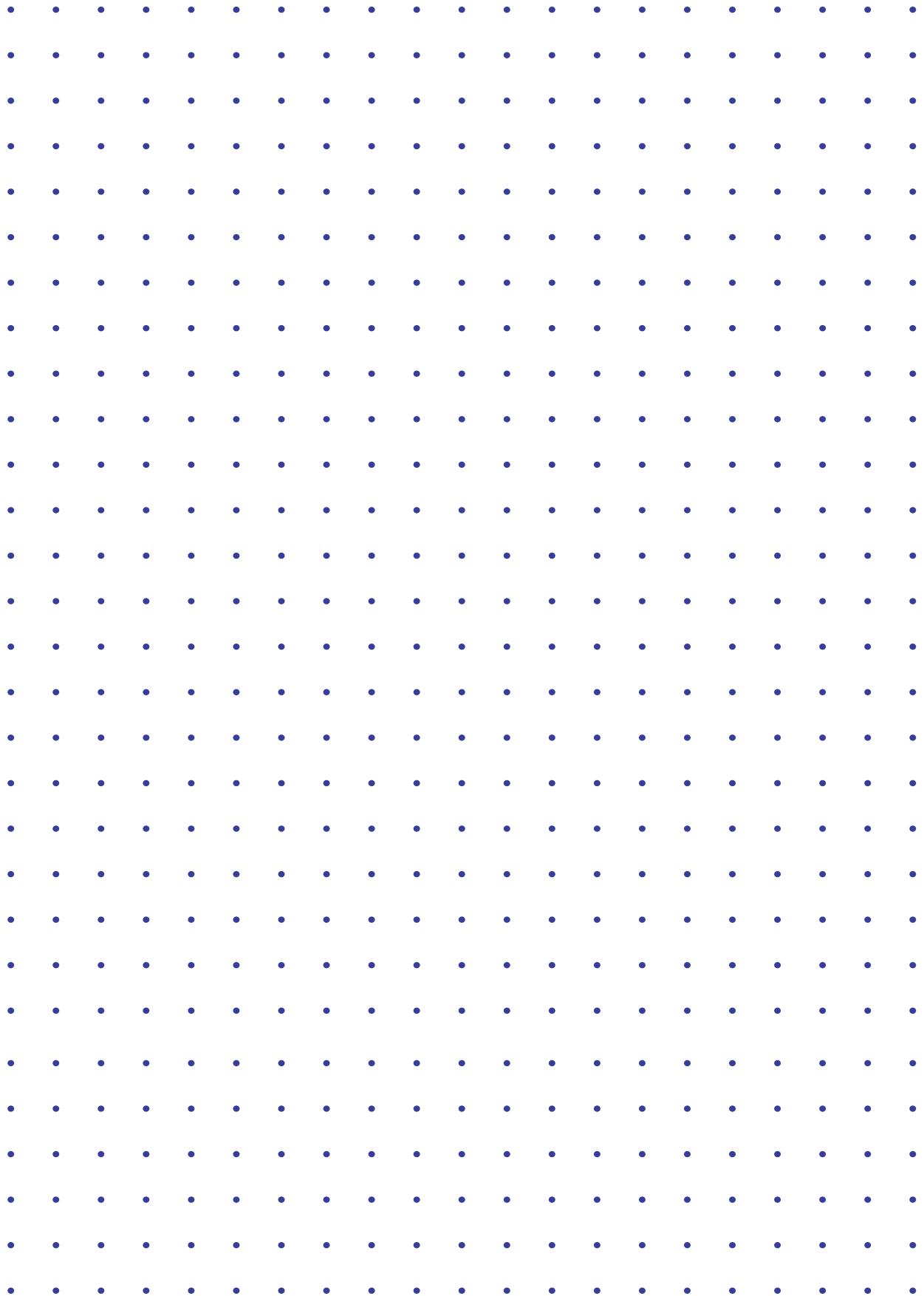
How can you show these feelings to others?

What can you do to reduce negative feelings or strengthen positive ones?

Date:

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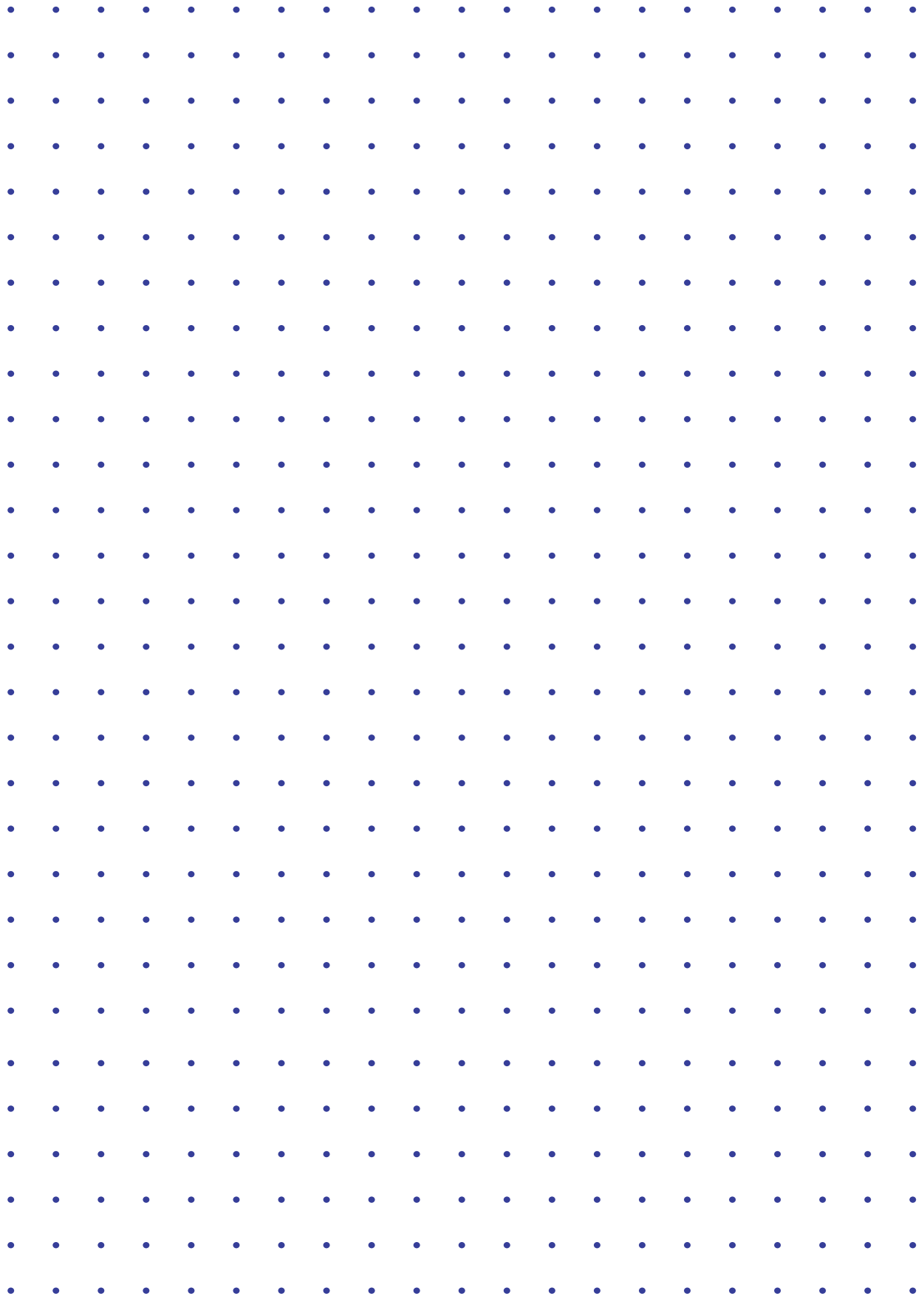
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Date:

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Date:





Think of your coping tools like PIE!



Priors

List three activities you've done before:

1. _____
2. _____
3. _____

Internals

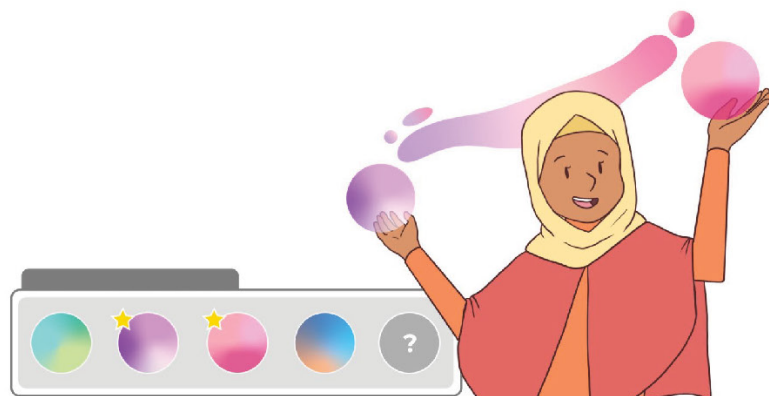
List three activities you can do by yourself:

1. _____
2. _____
3. _____

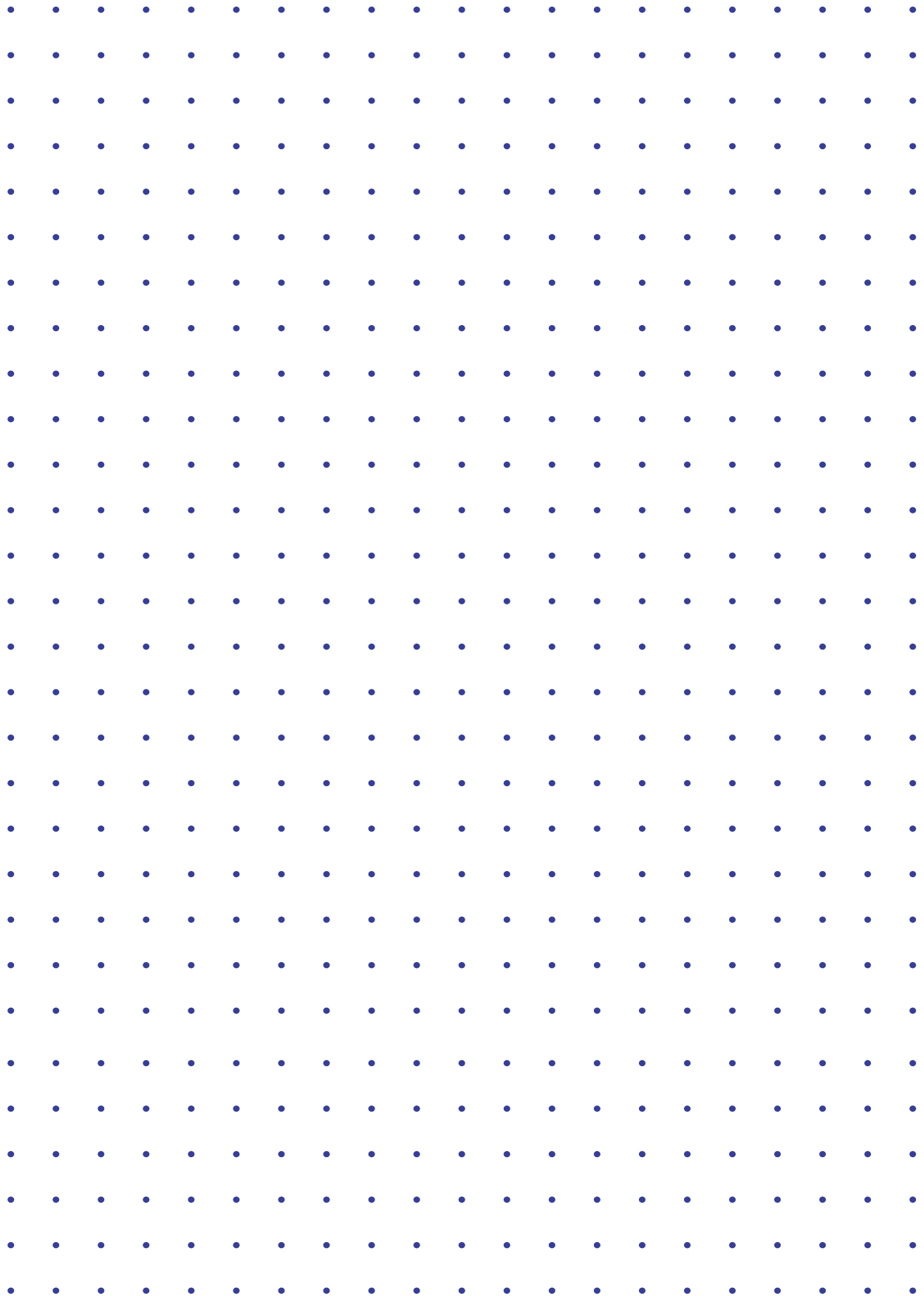
Externals

List three activities you can do with others:

1. _____
2. _____
3. _____

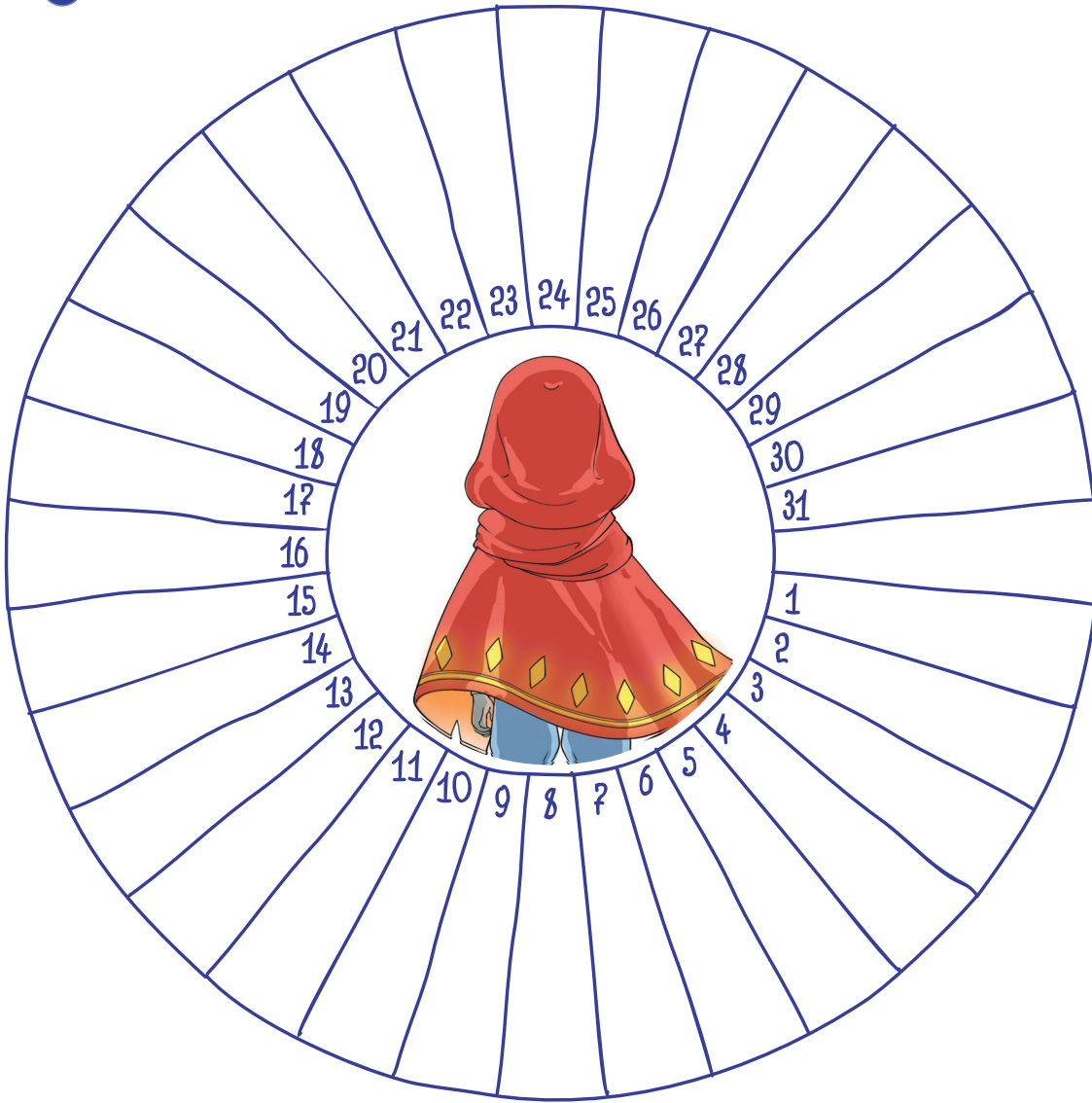


Date:



Month:

Choose a colour or pattern for each different emotion you feel and then log your daily mood in each space!

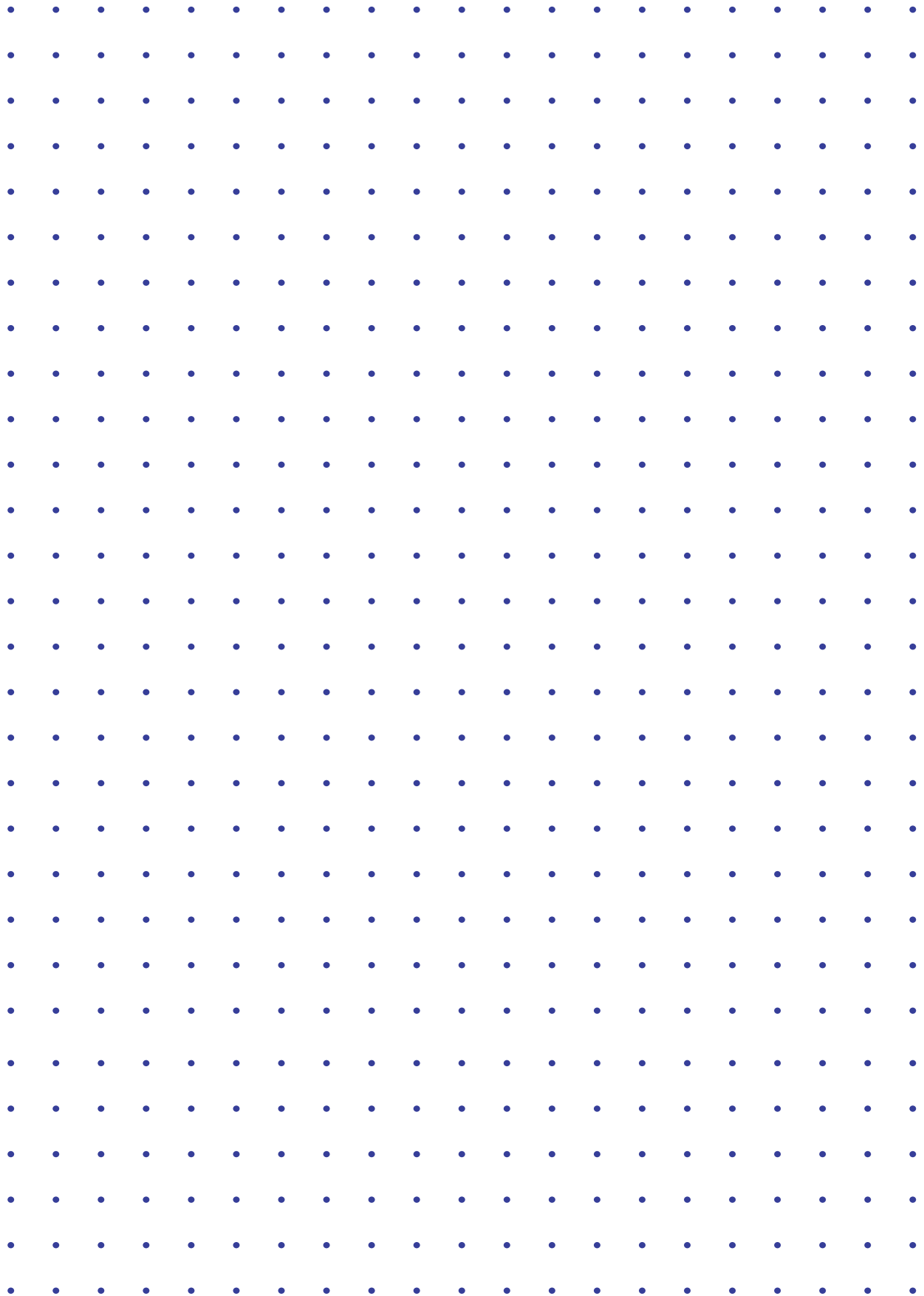


My mood legend:

○ _____
○ _____
○ _____

○ _____
○ _____
○ _____

Date:



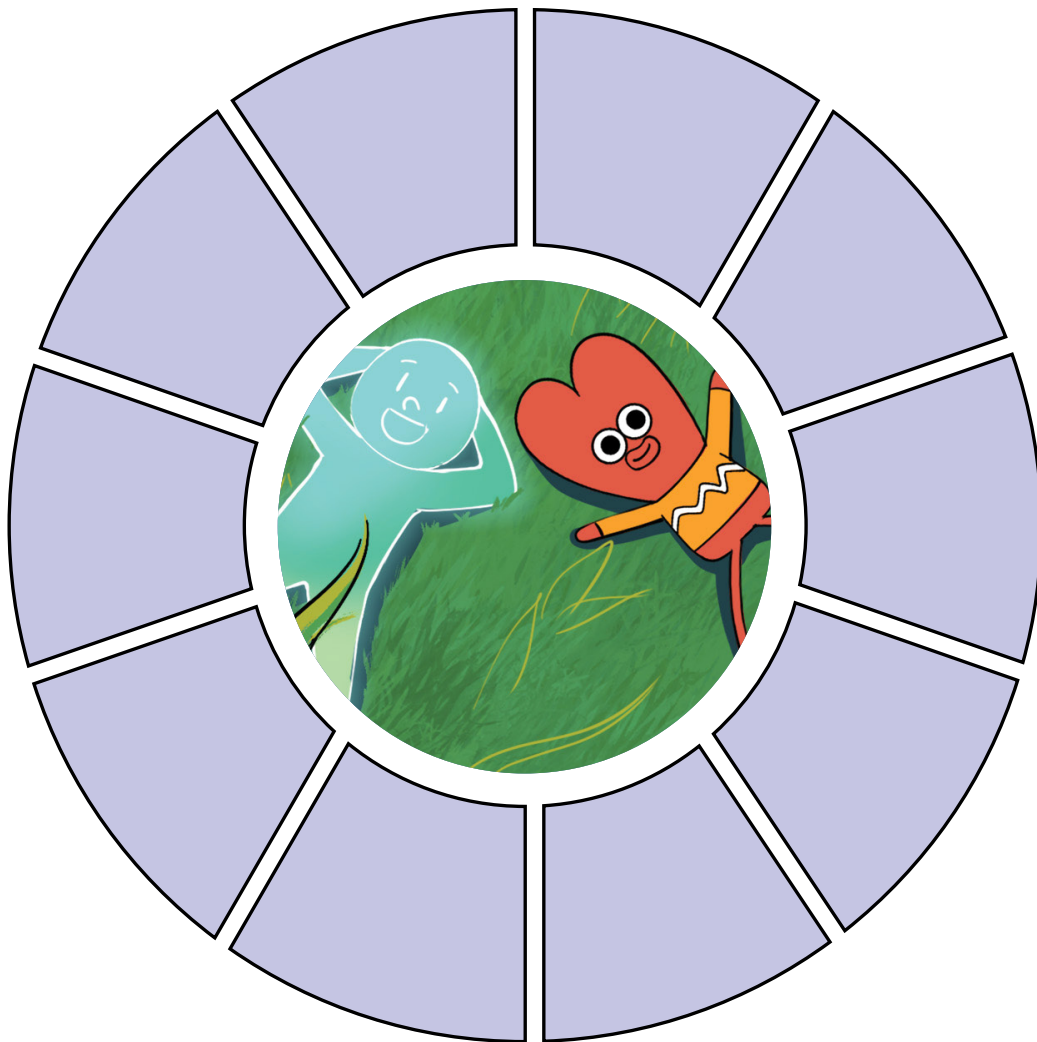
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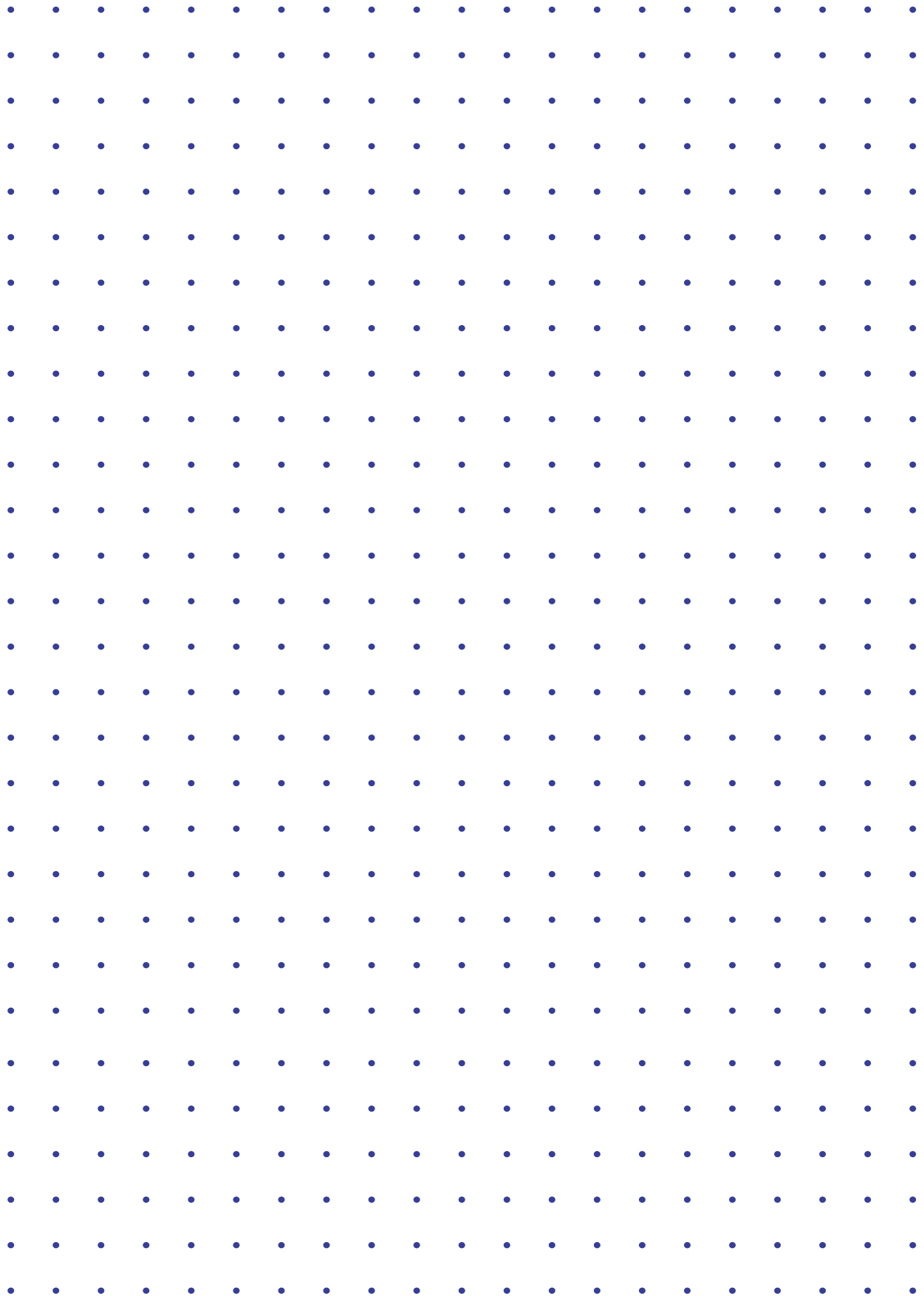
Date:



**List 10 songs that can
change your mood:**



Date:



Date:

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Date:

**List five activities you can do
when you feel down:**

1. _____

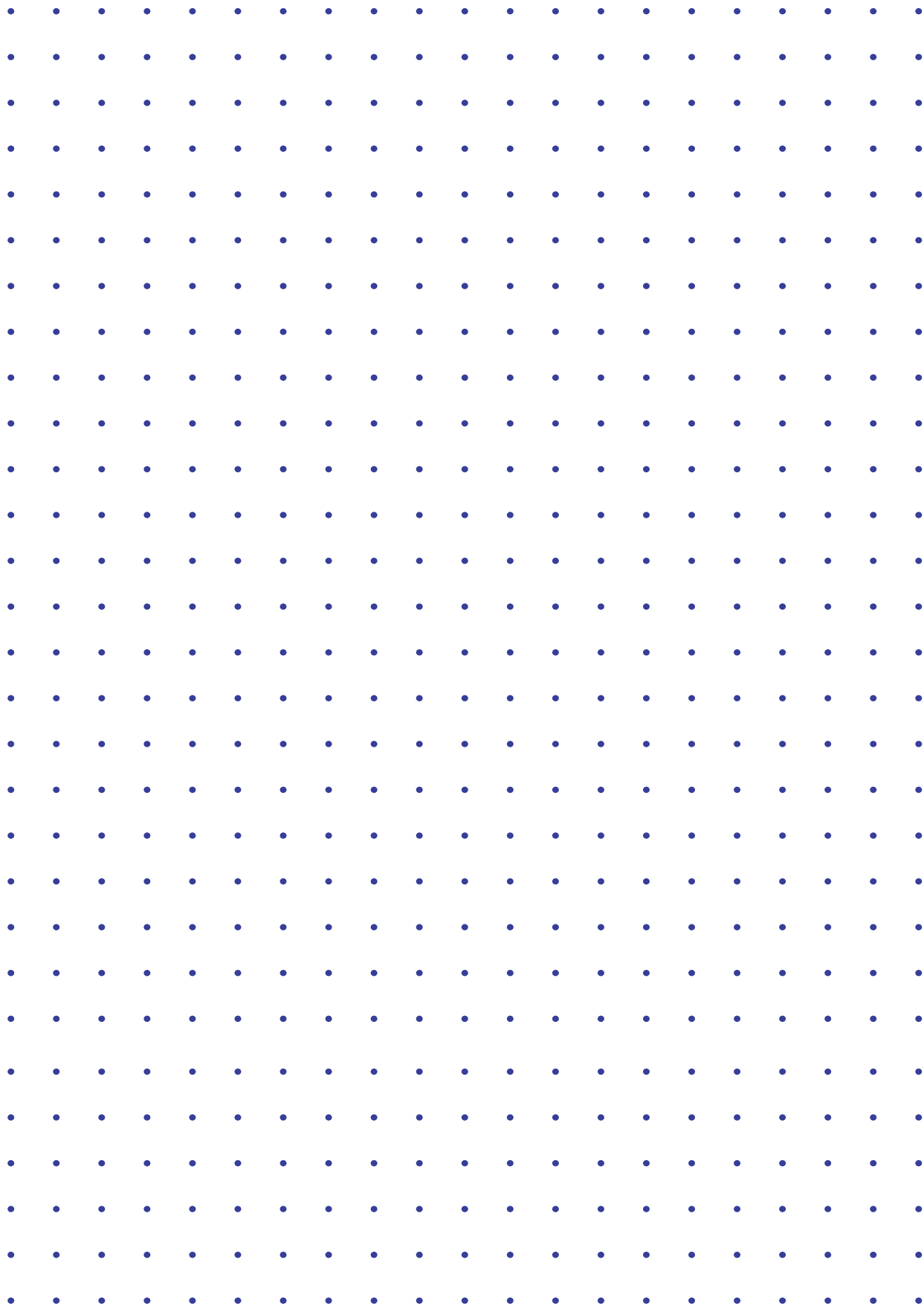
2. _____

3. _____

4. _____

5. _____

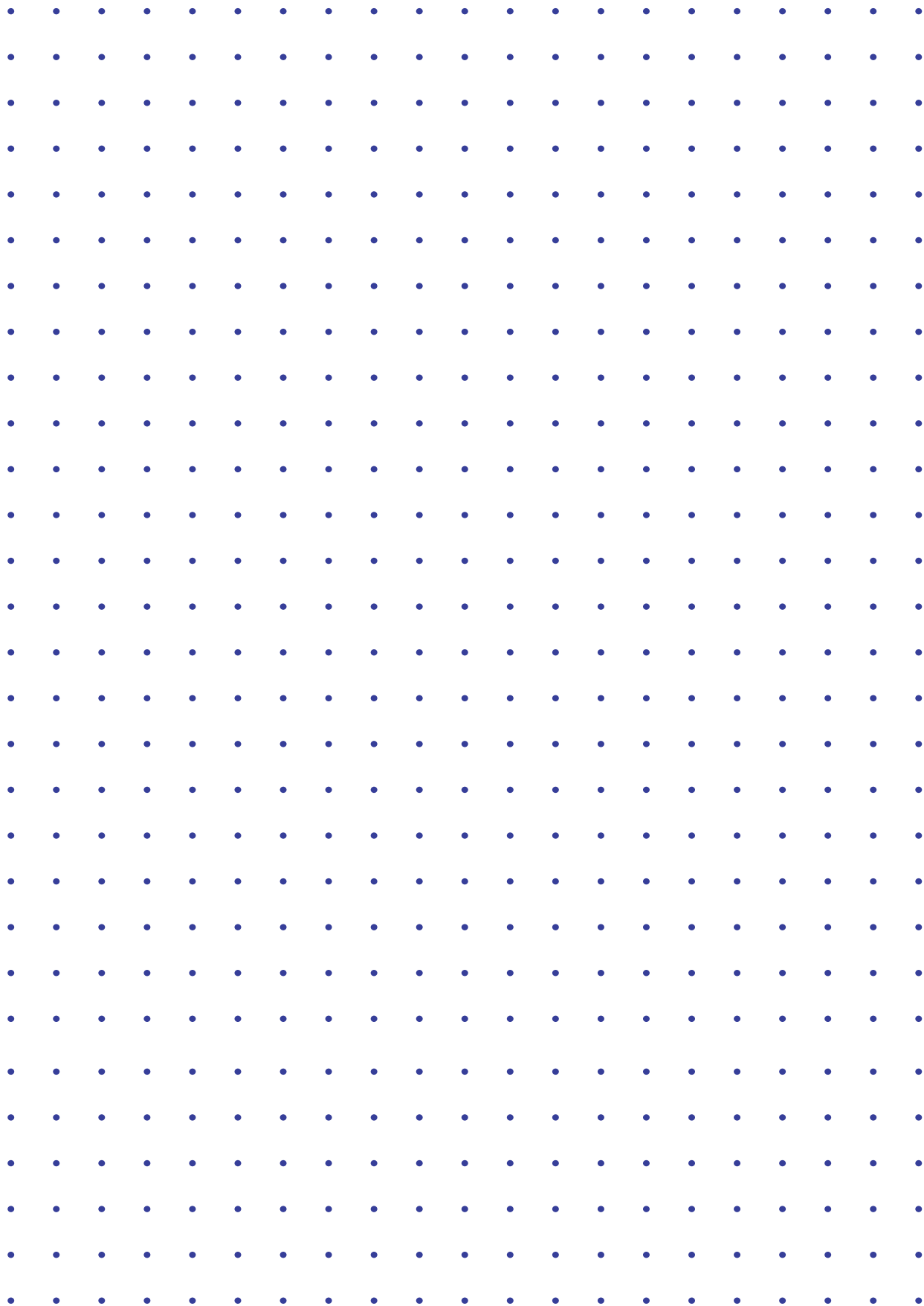
Date:



Date:

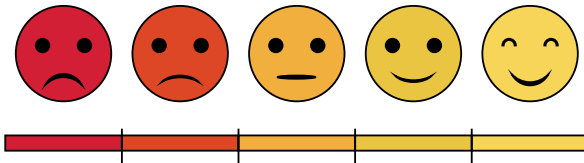
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Date:



EmojiMeter

Date:

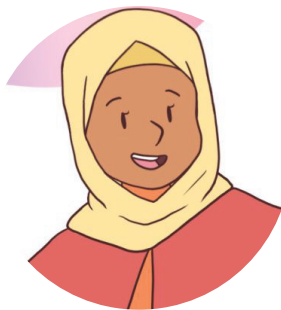


My personal support network:



Name an adult whom you feel safe talking to:

List one way you can reach out to them:



Name a person at school who can help you when you're down:

List one way you can reach out to them:



Name a Family member who can make you feel better:

List one way you can reach out to them:

Date:

**This page is blank
for you to use any way you like!**

Date: _____

Countdown

5

Things you can see



1. _____
2. _____
3. _____
4. _____
5. _____

4

Things you can touch or feel



1. _____
2. _____
3. _____
4. _____

3

Things you can hear



1. _____
2. _____
3. _____

2

Things you can smell



1. _____
2. _____

1

Thing you can taste

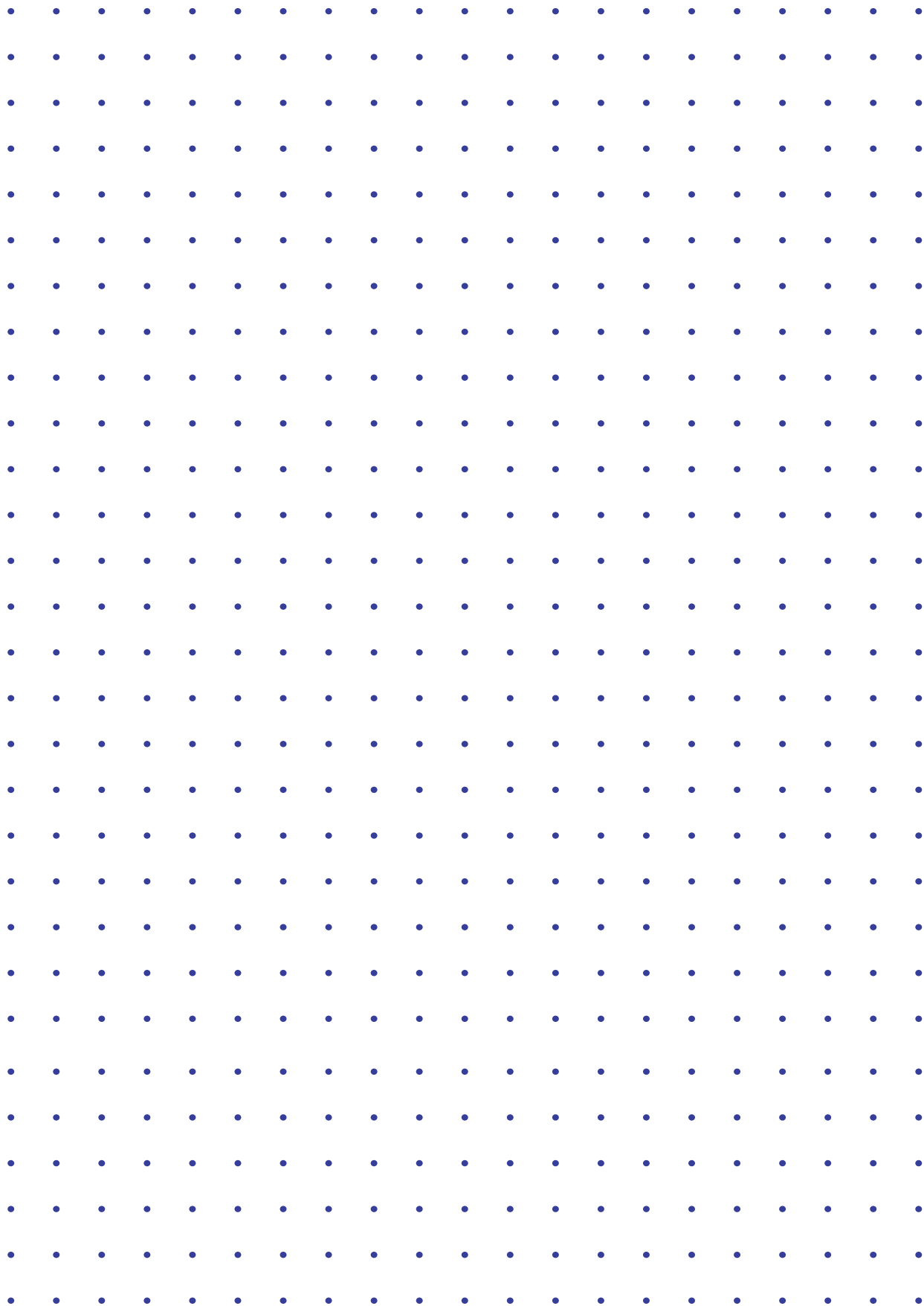


1. _____



This tool uses your five senses to help you focus on the present and take your mind off any negative feelings for a little while. Try it out!

Date:



Date:

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MindKit is hosted by the Atlas Institute for Veterans and Families, which is funded by Veterans Affairs Canada.

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