



MENTALLY UNITED

FREE SAMPLE OF MENTAL WELLNESS RESOURCES

PAGE 2 TO 12: COLORED RESOURCES

PAGE 13 TO 22: BLACK & WHITE RESOURCES

**ALL WELLNESS RESOURCES PROVIDED BY MENTALLY UNITED ARE PROTECTED BY COPYRIGHT LAW.
UNAUTHORIZED USE, REPRODUCTION, OR DISTRIBUTION OF THESE RESOURCES IS STRICTLY
PROHIBITED WITHOUT PRIOR WRITTEN CONSENT FROM MENTALLY UNITED AND A VIOLATION OF
OUR COPYRIGHT POLICY AND MAY RESULT IN LEGAL ACTION**

Name:

Week/Month

___/___/___

HOW ARE YOU FEELING?



___/___/___

HOW ARE YOU FEELING?



___/___/___

HOW ARE YOU FEELING?



___/___/___

HOW ARE YOU FEELING?



___/___/___

HOW ARE YOU FEELING?



___/___/___

HOW ARE YOU FEELING?



FEELINGS JOURNAL & TRACKER

REFLECT ON LAST MONTH'S EMOTIONS, STAY PRESENT WITH TODAY'S FEELINGS, AND SET INTENTIONS FOR NEXT MONTH. CULTIVATE SELF-AWARENESS, MINDFULNESS, AND POSITIVE GROWTH ON YOUR MENTAL WELLNESS JOURNEY.

HOW WAS I FEELING LAST MONTH?

HOW AM I FEELING THIS MONTH/TODAY?

HOW DO I INTEND AND MANIFEST TO FEEL NEXT MONTH?



WEEKLY/MONTHLY Mental Health Checklist

**DID I GET ENOUGH
SLEEP?**

**DID I PRACTICE MY
COPING SKILLS?**

**DID I ENGAGE IN
PHYSICAL ACTIVITY?**

**DID I LIMIT MY SOCIAL
MEDIA AND
TECHNOLOGY USE?**

**DID I SEEK OUT SUPPORT
WHEN I NEEDED IT?**

**DID I EAT A BALANCED AND
NUTRITIOUS DIET?**

**DID I SHOW MYSELF AND
OTHERS KINDNESS?**

**WRITE 3 THINGS YOU ARE
GRATEFUL FOR?**

**WRITE 3 POSITIVE
AFFIRMATION FOR
YOURSELF?**

**DID YOU SET BOUNDARIES
TO PROTECT YOUR TIME &
ENERGY?**

**DID YOU TAKE BREAKS TO
REST & RECHARGE?**

**DID YOU PRIORITIZE
GETTING ENOUGH SLEEP
EACH NIGHT**



**MENTALLY
UNITED**

Introduction to Anxiety



ANXIETY IS THE BODY'S RESPONSE TO SITUATIONS THAT ARE INTERPRETED AS THREATENING. WITHOUT ANY ANXIETY, YOU WOULD PROBABLY MAKE BAD DECISIONS, SUCH AS DRIVING TOO FAST ON THE HIGHWAY, OR NOT PAYING YOUR BILLS. HOWEVER, TOO MUCH ANXIETY CAN LEAD TO AVOIDANCE OR UNPLEASANT PHYSICAL, EMOTIONAL, AND COGNITIVE SYMPTOMS.

What are 3 things that trigger your anxiety?

- *
- *
- *

In what areas does anxiety impact your daily life?

- *
- *
- *

What are 3 thoughts you tend to have when you feel anxious?

- *
- *
- *

3 physical symptoms that you experience when you feel anxious?

- *
- *
- *

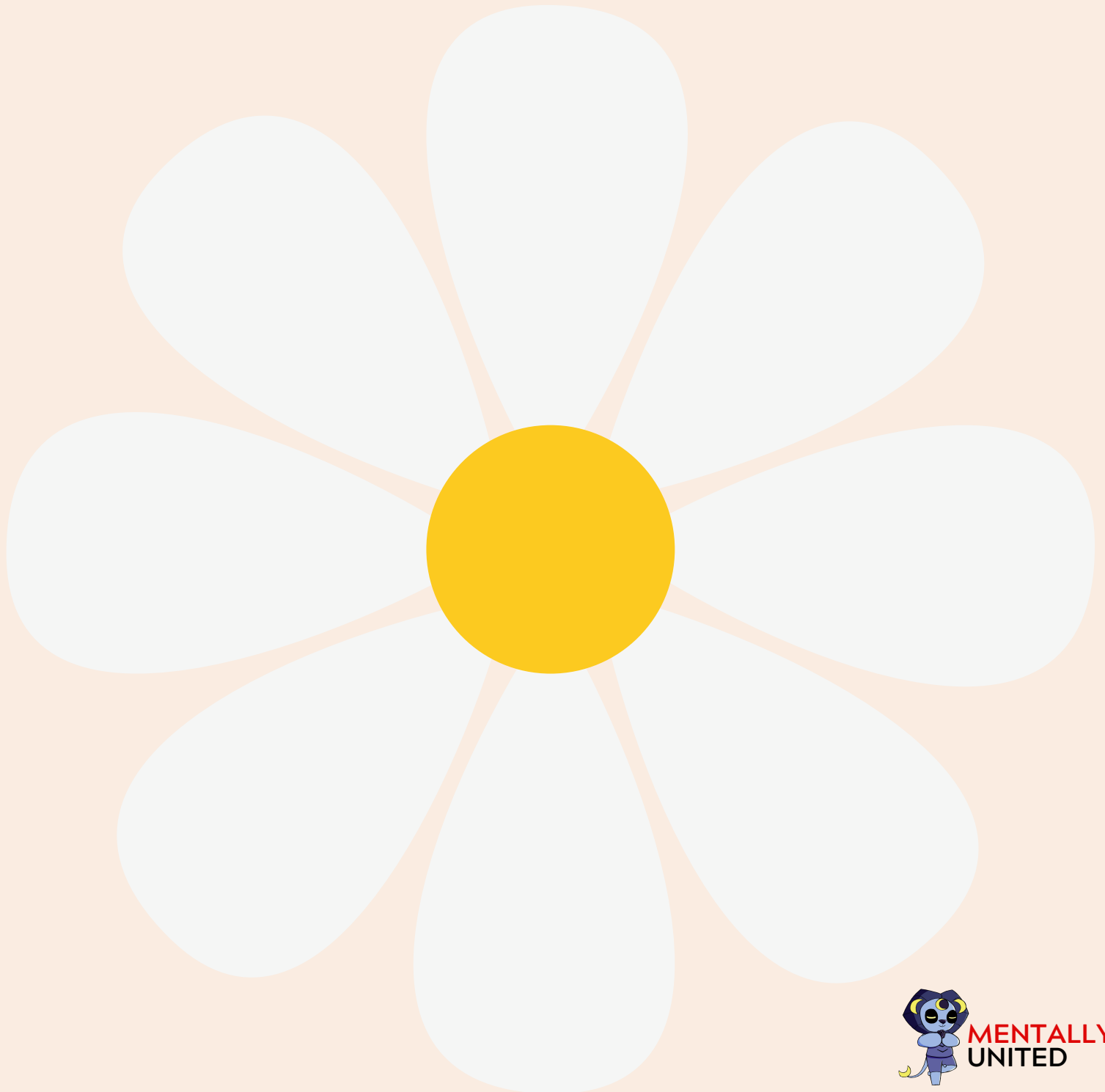
What are 3 things you do to cope when you are anxious?

- *
- *
- *

Self Talk

HOW WE TALK TO OURSELF IS IMPORTANT.

Let's focus on positive self talk. On each petal, write something you like about yourself or something you are good at.





OBSTACLES & SOLUTION

INSECURITIES ARE A NATURAL PART OF BEING HUMAN, AND WE ALL HAVE THEM TO VARYING DEGREES. THESE FEELINGS OF INADEQUACY, SELF-DOUBT, AND UNCERTAINTY CAN BE OVERWHELMING AND AFFECT MANY AREAS OF OUR LIVES. AT THE HEART OF THIS WORKSHEET IS THE BELIEF THAT THE YOUR RELIGION PROVIDES GUIDANCE, COMFORT, AND ENCOURAGEMENT TO THOSE WHO SEEK IT. OUR GOAL IS TO HELP YOU IDENTIFY ONE OF YOUR INSECURITIES AND FIND A CORRESPONDING BIBLICAL VERSE THAT SPEAKS TO YOUR SPECIFIC STRUGGLE.

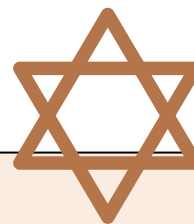
MY INSECURITIES:

- I'm not lovable



WHAT DOES MY RELIGIOUS HOLY BOOK SAYS?

- For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." (John 3:16)



Self - Esteem Bingo



MASTER A NEW SKILL	LET NEGATIVE PEOPLE GO	STAND AT THE EDGE OF COMFORT ZONE	DO SOMETHING CREATIVE OFTEN	AFFIRM YOURSELF OFTEN
EXPRESS FEELINGS	ACCEPT FAILURES AS PART OF GROWTH	FACE FEARS	MANAGE TIME WELL	MAKE TIME FOR REST
EXERCISE OFTEN	CULTIVATE HOBBIES		LIVE HUMBLY	BE KIND TO YOURSELF
HONOR YOUR WORD TO OTHERS	REMIND YOURSELF YOU ARE ENOUGH	LOVE YOURSELF MORE THAN OTHERS WILL	DREAM BIG AND MAKE IT HAPPEN	CHALLENGE LIMITING BELIEFS
HELP SOMEONE	STOP WORRYING ABOUT WHAT OTHERS THINK	HEAL YOUR PAST	READ SOMETHING INSPIRATIONAL	RECLAIM INTEGRITY



Mastering Mindfulness Checklist



MENTALLY
UNITED

Use this checklist to track your progress in incorporating mindful habits into your daily life. Aim to check off each item at least **three times a week/month**. The three circles provided next to each habit can help you keep count.

- **Self-Care:** Prioritize self-care activities that rejuvenate your mind and body
- **Deep Breathing:** Take moments during the day to practice deep, mindful breaths
- **Mindful Eating:** Pay attention to your meals, savoring each bite without distractions
- **Nature Connection:** Spend time outdoors and connect with nature.
- **Digital Detox:** Set aside time each day to disconnect from screens and devices
- **Yoga or Stretching:** Incorporate yoga or stretching exercises into your routine
- **Mindful Walking:** Practice walking meditation, focusing on each step
- **Mindful Listening:** Truly listen when others speak, without formulating responses
- **Morning Meditation:** Start the day with a short meditation to set a mindful tone
- **Self-Care:** Prioritize self-care activities that rejuvenate your mind and body
- **Evening Reflection:** Reflect on your day and acknowledge moments of mindfulness
- **Mindful Technology Use:** Use technology intentionally and avoid mindless scrolling
- **Sleep Hygiene:** Create a sleep-conducive environment and prioritize restful sleep
- **Mindful Breathing Before Sleep:** Practice deep breathing exercises before bedtime
- **Breath Awareness:** Take moments throughout day to bring awareness to your breath
- **Nature:** Look around, hear the birds, acknowledge the sky, capture the moment
- **One-Word Mantras:** Choose a daily word to inspire and guide you
- **Inner Child Playtime:** Reconnect with your inner child through play
- **Colorful Journaling:** Add drawings, doodles, and colors to your creative entries
- **Audio Adventures:** Listen to engaging audiobooks or podcasts
- **Silent Moments:** Embrace moments of silence and stillness throughout the day





MAKE YOUR PLAYLIST!!!!!!!



1
A song you like with a color in the title

2
A song you like with a number in the title

3
A song that reminds you of summertime

4
A song that reminds you of someone you'd rather forget

5
A song that needs to be played loud

6
A song that makes you want to dance

7
A song to drive to

8
A song that makes you excited

9
A song that makes you happy

10
A song that makes you sad

11
A song you never get tired of

12
A song from your preteen years

13
A song you like from the 90s

14
A song you'd love to played at a special occasion

15
A song you like that's a cover by another artist

16
A song that's a classic favorite

17
A song you'd sing a duet with someone on karaoke

18
A song from the year you were born

19
A song that makes you think about life

20
A song that has many meanings to you

21
A song you like with a person's name in the title

22
A song that moves you forward

23
A song you think everybody should listen to

24
A song you'd sing a duet with someone on karaoke

25
A song by a band you wish were still together

26
A song you like by an artist no longer living

27
A song that makes you want to fall in love

28
A song that breaks your heart

29
A song by an artist whose voice you love

30
A song you remember from childhood

31
A song that reminds you of yourself

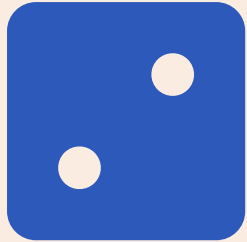


D-ICE BREAKER

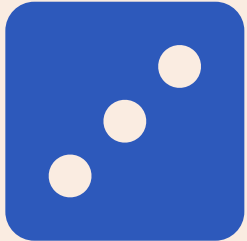
activities



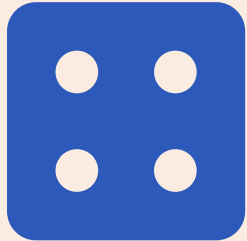
Discuss what you did over your vacation break.



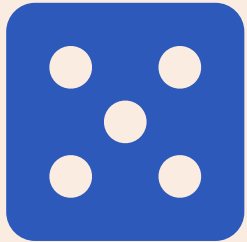
Tell someone five interesting facts about yourself.



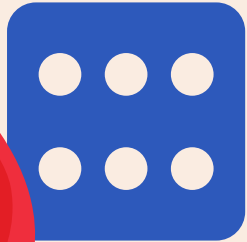
Explain what superpower you would want to have and why.



Explain a skill you have that others don't know about you.



Discuss what animal you would want to be and why.



Discuss your interests and hobbies with therapist



**MENTALLY
UNITED**

Color the CAT according to your feeling today.



Sad

Happy

Angry

Scared

Name:

Week/Month

___/___/___

HOW ARE YOU FEELING?



___/___/___

HOW ARE YOU FEELING?



___/___/___

HOW ARE YOU FEELING?



___/___/___

HOW ARE YOU FEELING?



___/___/___

HOW ARE YOU FEELING?



___/___/___

HOW ARE YOU FEELING?



FEELINGS JOURNAL & TRACKER

REFLECT ON LAST MONTH'S EMOTIONS, STAY PRESENT WITH TODAY'S FEELINGS, AND SET INTENTIONS FOR NEXT MONTH. CULTIVATE SELF-AWARENESS, MINDFULNESS, AND POSITIVE GROWTH ON YOUR MENTAL WELLNESS JOURNEY.

HOW WAS I FEELING LAST MONTH?

HOW AM I FEELING THIS MONTH/TODAY?

HOW DO I INTEND AND MANIFEST TO FEEL NEXT MONTH?



WEEKLY/MONTHLY Mental Health Checklist

**DID I GET ENOUGH
SLEEP?**

**DID I PRACTICE MY
COPING SKILLS?**

**DID I ENGAGE IN
PHYSICAL ACTIVITY?**

**DID I LIMIT MY SOCIAL
MEDIA AND
TECHNOLOGY USE?**

**DID I SEEK OUT SUPPORT
WHEN I NEEDED IT?**

**DID I EAT A BALANCED AND
NUTRITIOUS DIET?**

**DID I SHOW MYSELF AND
OTHERS KINDNESS?**

**WRITE 3 THINGS YOU ARE
GRATEFUL FOR?**

**WRITE 3 POSITIVE
AFFIRMATION FOR
YOURSELF?**

**DID YOU SET BOUNDARIES
TO PROTECT YOUR TIME &
ENERGY?**

**DID YOU TAKE BREAKS TO
REST & RECHARGE?**

**DID YOU PRIORITIZE
GETTING ENOUGH SLEEP
EACH NIGHT**



**MENTALLY
UNITED**

Introduction to Anxiety



ANXIETY IS THE BODY'S RESPONSE TO SITUATIONS THAT ARE INTERPRETED AS THREATENING. WITHOUT ANY ANXIETY, YOU WOULD PROBABLY MAKE BAD DECISIONS, SUCH AS DRIVING TOO FAST ON THE HIGHWAY, OR NOT PAYING YOUR BILLS. HOWEVER, TOO MUCH ANXIETY CAN LEAD TO AVOIDANCE OR UNPLEASANT PHYSICAL, EMOTIONAL, AND COGNITIVE SYMPTOMS.

What are 3 things that trigger your anxiety?

- *
- *
- *

In what areas does anxiety impact your daily life?

- *
- *
- *

What are 3 thoughts you tend to have when you feel anxious?

- *
- *
- *

3 physical symptoms that you experience when you feel anxious?

- *
- *
- *

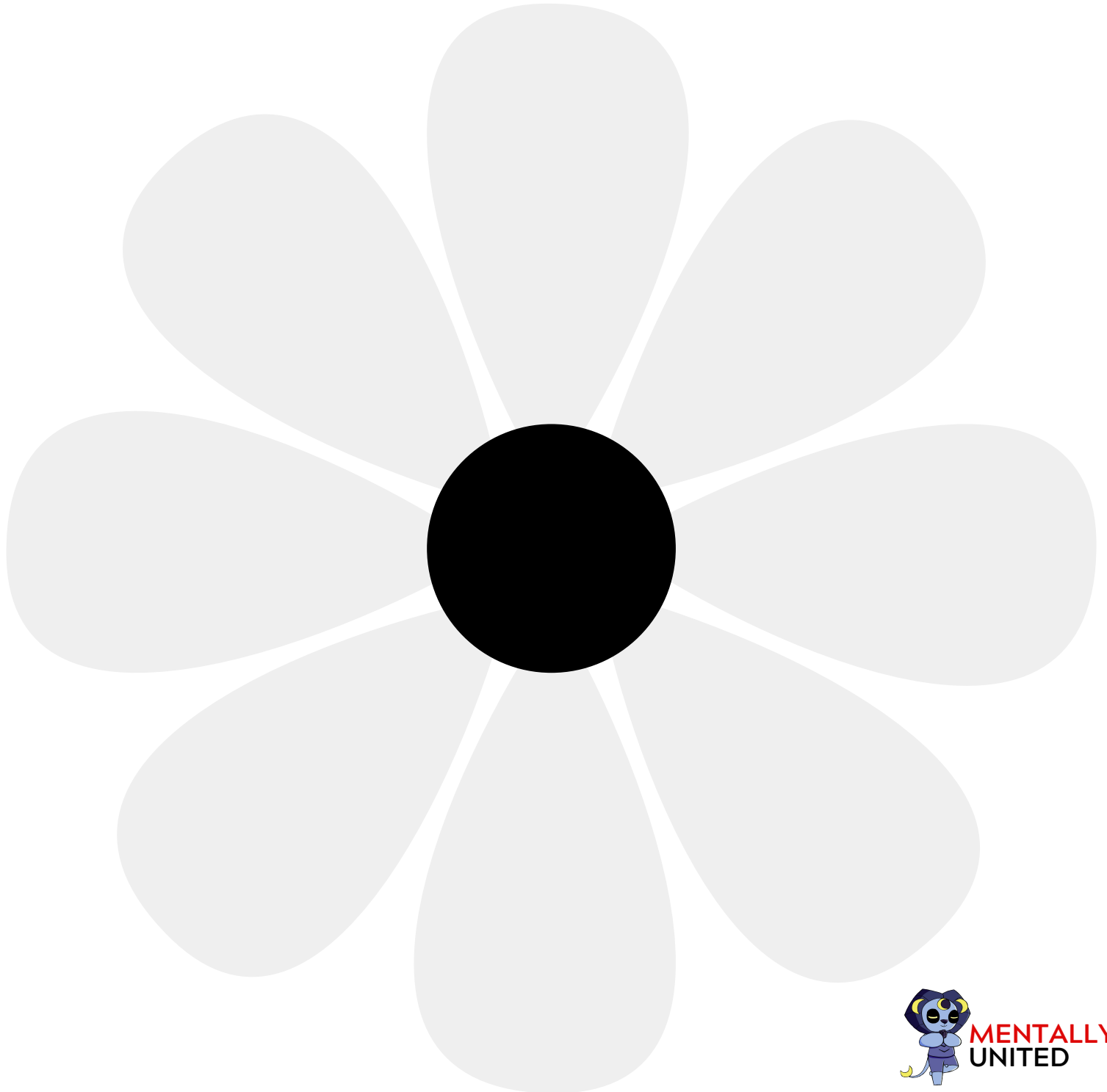
What are 3 things you do to cope when you are anxious?

- *
- *
- *

Self Talk

HOW WE TALK TO OURSELF IS IMPORTANT.

Let's focus on positive self talk. On each petal, write something you like about yourself or something you are good at.





OBSTACLES & SOLUTION

INSECURITIES ARE A NATURAL PART OF BEING HUMAN, AND WE ALL HAVE THEM TO VARYING DEGREES. THESE FEELINGS OF INADEQUACY, SELF-DOUBT, AND UNCERTAINTY CAN BE OVERWHELMING AND AFFECT MANY AREAS OF OUR LIVES. AT THE HEART OF THIS WORKSHEET IS THE BELIEF THAT THE YOUR RELIGION PROVIDES GUIDANCE, COMFORT, AND ENCOURAGEMENT TO THOSE WHO SEEK IT. OUR GOAL IS TO HELP YOU IDENTIFY ONE OF YOUR INSECURITIES AND FIND A CORRESPONDING BIBLICAL VERSE THAT SPEAKS TO YOUR SPECIFIC STRUGGLE.

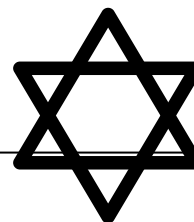
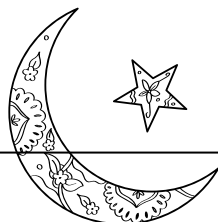
MY INSECURITIES:

- I'm not lovable



WHAT DOES MY RELIGIOUS HOLY BOOK SAYS?

- For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." (John 3:16)

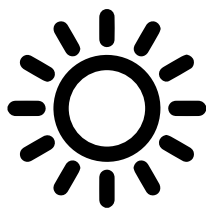


Self - Esteem Bingo



MASTER A NEW SKILL	LET NEGATIVE PEOPLE GO	STAND AT THE EDGE OF COMFORT ZONE	DO SOMETHING CREATIVE OFTEN	AFFIRM YOURSELF OFTEN
EXPRESS FEELINGS	ACCEPT FAILURES AS PART OF GROWTH	FACE FEARS	MANAGE TIME WELL	MAKE TIME FOR REST
EXERCISE OFTEN	CULTIVATE HOBBIES		LIVE HUMBLY	BE KIND TO YOURSELF
HONOR YOUR WORD TO OTHERS	REMIND YOURSELF YOU ARE ENOUGH	LOVE YOURSELF MORE THAN OTHERS WILL	DREAM BIG AND MAKE IT HAPPEN	CHALLENGE LIMITING BELIEFS
HELP SOMEONE	STOP WORRYING ABOUT WHAT OTHERS THINK	HEAL YOUR PAST	READ SOMETHING INSPIRATIONAL	RECLAIM INTEGRITY





MAKE YOUR PLAYLIST!!!!!!!



1

A song you like with a color in the title

2

A song you like with a number in the title

3

A song that reminds you of summertime

4

A song that reminds you of someone you'd rather forget

5

A song that needs to be played loud

6

A song that makes you want to dance

7

A song to drive to

8

A song that makes you excited

9

A song that makes you happy

10

A song that makes you sad

11

A song you never get tired of

12

A song from your preteen years

13

A song you like from the 90s

14

A song you'd love to played at a special occasion

15

A song you like that's a cover by another artist

16

A song that's a classic favorite

17

A song you'd sing a duet with someone on karaoke

18

A song from the year you were born

19

A song that makes you think about life

20

A song that has many meanings to you

21

A song you like with a person's name in the title

22

A song that moves you forward

23

A song you think everybody should listen to

24

A song you'd sing a duet with someone on karaoke

25

A song by a band you wish were still together

26

A song you like by an artist no longer living

27

A song that makes you want to fall in love

28

A song that breaks your heart

29

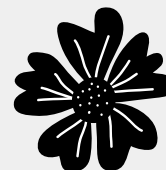
A song by an artist whose voice you love

30

A song you remember from childhood

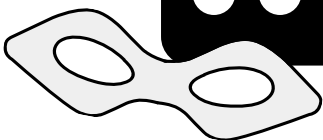
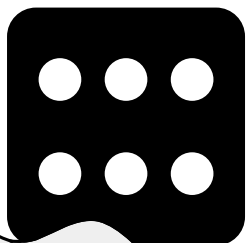
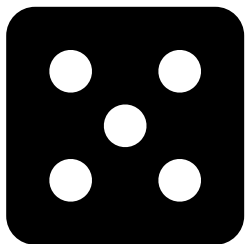
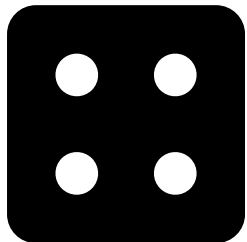
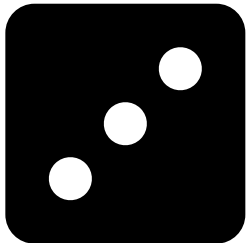
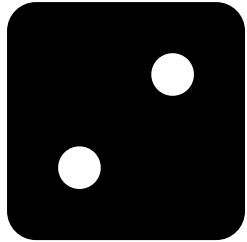
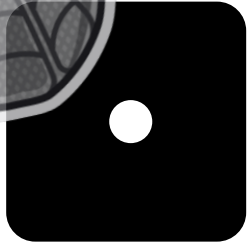
31

A song that reminds you of yourself

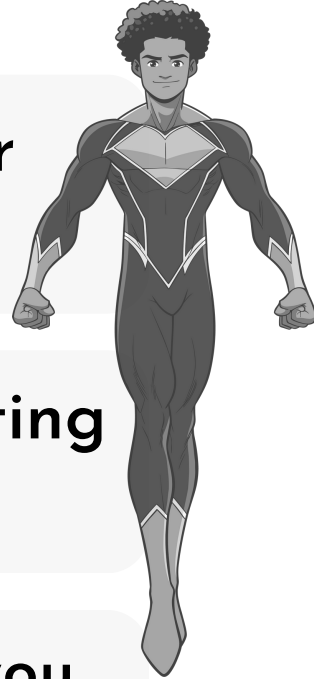


D-ICE BREAKER

activities



Discuss what you did over your vacation break.



Tell someone five interesting facts about yourself.

Explain what superpower you would want to have and why.

Explain a skill you have that others don't know about you.

Discuss what animal you would want to be and why.



Discuss your interests and hobbies with therapist



