



Hope Journal Bookmark

Decorate a journal or piece of paper and use these writing prompts to stimulate mindfulness, reduce stress and worry, and to work through thoughts and emotions you are experiencing.

- ④ What is your wildest dream? Imagine anything is possible!
- ④ Write about a moment when you felt loved. What made you feel loved?
- ④ What are three things that make you feel better when you are feeling down?
- ④ Write about a unique quality you have that makes you “special”.
- ④ When was the last time you helped someone else? How did that make you feel?
- ④ What is something that you have done that you are proud of? Why are you proud of it?
- ④ Who do you talk to when you have a problem? How do they help?
- ④ How are you feeling in this current moment? Try to be as specific as possible. What other words could be used to describe that feeling?



For more resources visit
www.EMMResourceCenter.org



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suicideispreventable.org