

# JOURNAL

i am GROWING



THIS BELONGS TO

\_\_\_\_\_

# ABOUT THIS JOURNAL

Emotions take you on a journey of self-discovery. Let this journal be your personal space to capture all your thoughts and feelings, especially when you have a lot in your mind. Write, sketch and doodle it—whatever feels right! It is always ready when you want to explore your inner landscape.

When challenges arise, be gentle with the part of you that is still learning. It's okay to not have everything figured out yet.

Set up your own self-care plan with small steps to become stronger. Try out some of the activities here and you might be inspired to think differently.

When the time is ripe, turn your emotions into creative expression like the artists in the Gallery!

## WHAT YOU'LL NEED

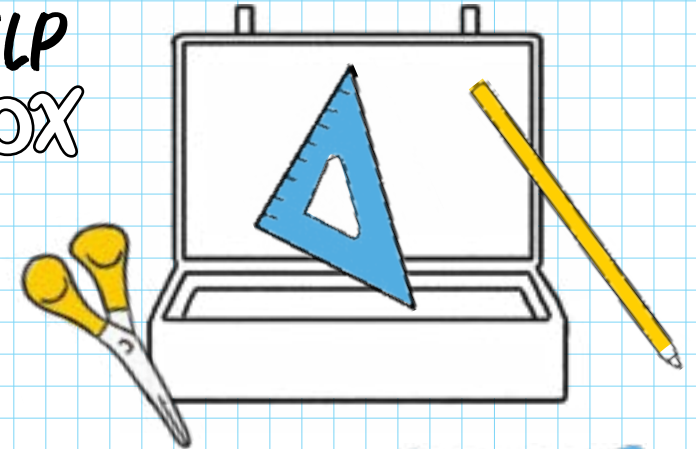
- ♥ COLOUR PENCILS
- ♥ A COMFORTABLE SPOT
- ♥ A PRESENT MIND



The activities are also available online. They are only a QR code away!

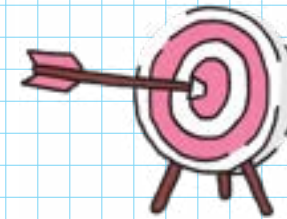
# MY SELF-HELP TOOLBOX

Some suggested self-care tools:



## Social

- Family time
- Hanging out with friends



## Behavioural

- Setting a goal
- Completing tasks
- Starting a hobby



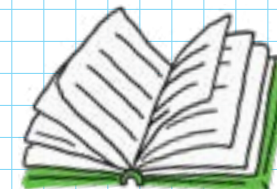
## Physical

- Exercise
- Sleep
- Diet



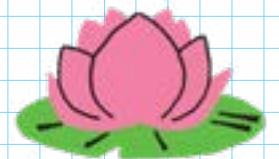
## Spiritual

- Self-reflection
- Searching for life purpose



## Emotional

- Journaling
- Understand triggers



## Mental

- Meditation
- Practicing gratitude
- Reading

# MY SELF-CARE PLAN

DATE      /      /      DAY     

## MOOD-OF-THE-DAY



EXCITED



HAPPY



CALM



CONFUSED



SAD



FRUSTRATED



ANGRY

One thing I will ...

START >>>

STOP ☹

CONTINUE ♡♡

...to help me GROW.

# WHAT'S YOUR VIBE TODAY?



## MY SPACE

Use this page to write, draw or doodle whatever you want!

## TEXTURES ROCK!

The difficult feelings we have can sometimes feel like a rock weighing down on us.



*But try single out a difficult feeling and identify its texture...*

Draw the texture of your feelings.



...this can make it feel a little smaller and less heavy.

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How are you feeling?

#2

Take a minute to breathe deeply.  
Close your eyes and turn your  
focus inwards.

#3

Notice how various  
areas of your body feel.  
What colours do you think  
would represent them?

#4

If feelings were  
patterns, what  
would yours  
look like?

Colour me!





# MY SPACE

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## SHADES OF FEELINGS

The days of our lives are like bottles, containing all kinds of emotions. We cannot prevent our emotions from filling those bottles, but we can choose what to do with them.

Fill the bottle below with colours that best represent your feelings.  
How many colours can you use and how full will it be?



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## USE SEE THINK WONDER TO IDENTIFY TRIGGERS

Observe your own emotions and actions  
as if you were looking at an artwork.

I SEE...

Use your 5 senses

Focus on the facts!

Describe what you see.

I THINK...

What are the possible reasons behind it?

What do you think is going on?

Add your interpretation to what you observe.

I WONDER...

What other questions or possibilities can you think of?



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## ADD COLOUR TO YOUR WORLD

You wake up one morning and reach for your breakfast cereal, only to realise everything looks drab and grey. You panic, thinking you've lost your colour vision! But then you notice that you have strange glasses on—The Glasses of Discolouration.



You take the glasses off and all the colours reappear in your world. Phew! Draw and colour in the cereal box as how you see it now.

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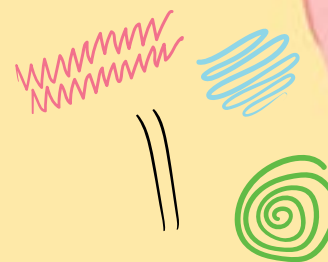
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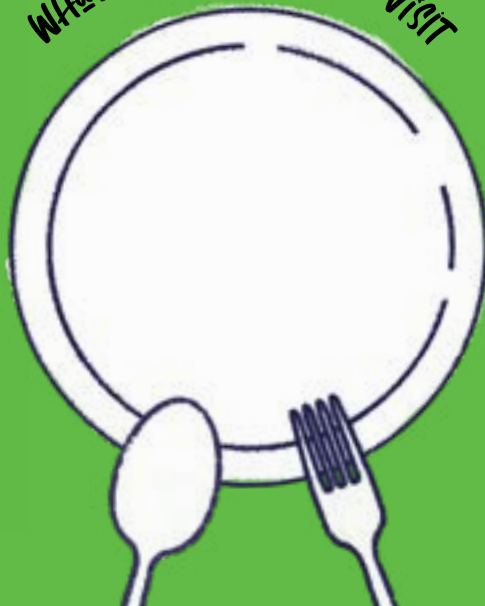
# MY DAY OF DISCOVERY

## EXPLORING ART N' HISTORY

### AT THE GALLERY



WHAT I ATE BEFORE THE VISIT



FOUND  
CONVERSATION

Write down an interesting conversation or words you overheard.

PEOPLE I MET TODAY



HOW MY DAY MEASURED UP



Rate your visit!



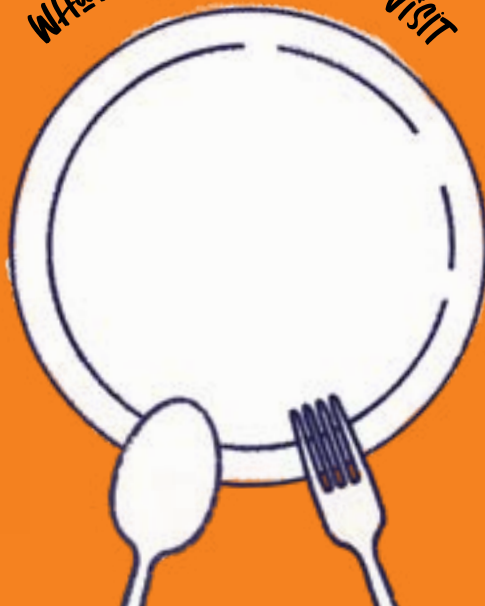
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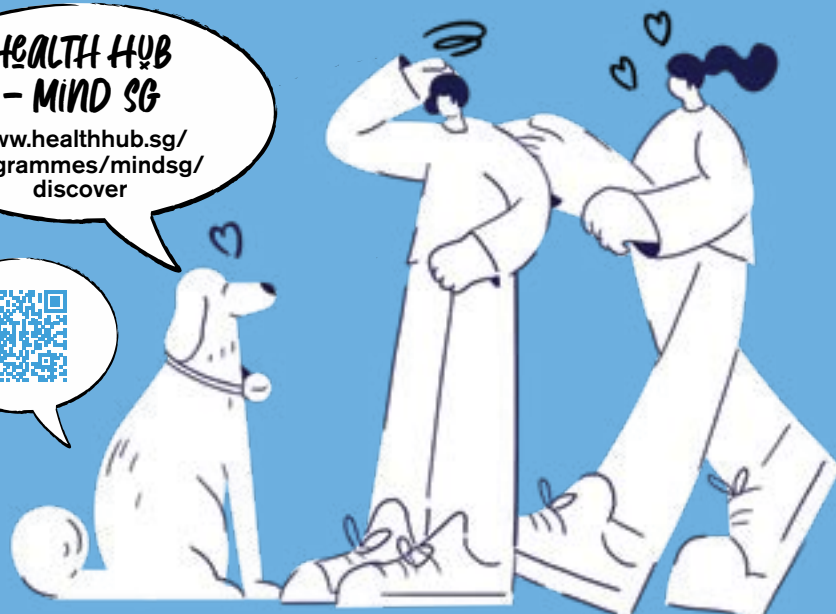


Rate your visit!

# IT'S OK TO GET HELP

## HEALTH HUB - MIND SG

[www.healthhub.sg/  
programmes/mindsg/  
discover](http://www.healthhub.sg/programmes/mindsg/discover)



## NATIONAL CARE HOTLINE

**1800-202-6868**  
8am-12am



## VIOLENCE OR ABUSE

- |   |                  |
|---|------------------|
| • Big Love Child Protection Specialist Centre                   | <b>6445-0400</b> |
| • Heart @ Fei Yue Child Protection Specialist Centre            | <b>6819-9170</b> |
| • PAVE Integrated Services for Individual and Family Protection | <b>6555-0390</b> |
| • Project StART   | <b>6476-1482</b> |
| • TRANS SAFE Centre   | <b>6449-9088</b> |

## MINDLINE.SG

A website with tools and resources to help you check and take care of your mental health.  
[www.mindline.sg/home](http://www.mindline.sg/home)



## MENTAL WELL-BEING

- Institute of Mental Health's Helpline
- Samaritans of Singapore
- Singapore Association for Mental Health
- Feiyue's Online Counselling Service
- Belle, Beyond The Label Helpbot

**6389-2222**  
**1767 (24-hr hotline)**  
**9151-1767 (24-hr Whatsapp)**  
**1800-283-7019**  
**[fyics.org/ec2-sg](http://fyics.org/ec2-sg)**  
**[tinyurl.com/ncssbelle](http://tinyurl.com/ncssbelle)**

## COUNSELLING

TOUCHline  
**1800-377-2252**  
Mon-Fri: 9am-6pm





NATIONAL GALLERY SINGAPORE