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 on 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!

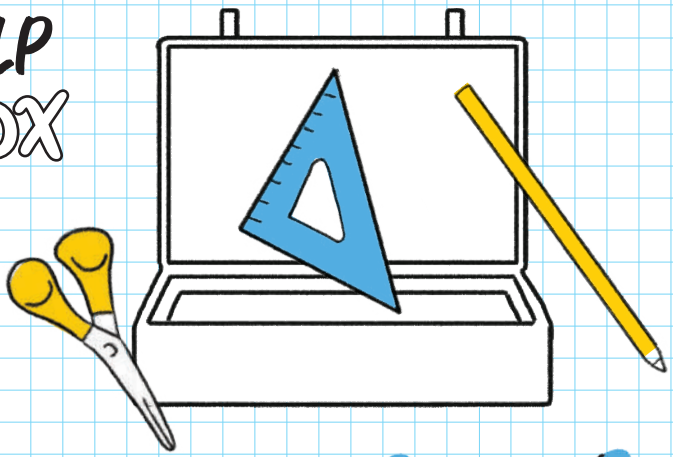
WHAT YOU'LL NEED

- COLOUR PENCILS
- A COMFORTABLE SPOT
- A PRESENT MIND

The activities in this booklet are also available on the National Gallery Singapore's ***Strength Through Art*** webpage.

MY SELF-HELP TOOLBOX

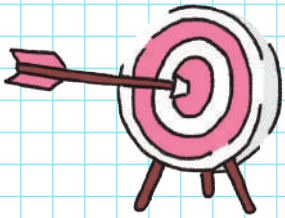
Some suggested self-care tools:





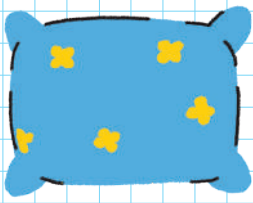
Social

- Family time
- Hanging out with friends



Behavioural

- Setting a goal
- Completing tasks
- Starting a hobby



Physical

- Exercise
- Sleep
- Diet



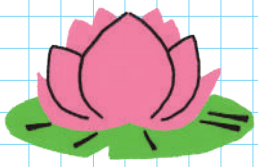
Spiritual

- Self-reflection
- Searching for life purpose



Emotional

- Journalling
- Understand triggers



Mental

- Meditation
- Practicing gratitude
- Reading

MY SELF-CARE PLAN

DATE / /

DAY

MOOD-OF-THE-DAY



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 to 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.

MY SELF-CARE PLAN

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WHAT'S YOUR VIBE TODAY?

#1
Check in with yourself.
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?



MY SPACE

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



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?



MY SELF-CARE PLAN

DATE: / / DAY

MOOD-OF-THE-DAY



EXCITED HAPPY CALM CONFUSED SAD FRUSTRATED ANGRY

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START >>>

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WHAT'S YOUR VIBE TODAY?



MY SPACE

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

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.

Transformation takes p
Start whe

How to sit with discomfort

I am triggered by an event or situation

I sense my discomfort

I am tempted to react to the event or situation

I tend to respond by fighting, fleeing or freezing

I react in the moment, but the discomfort sticks around

I NAME my uncomfortable feeling without judgement

I create space to process how I FRAME my thoughts

I can pause and think to myself, “Hello, uncomfortable feeling. You’re allowed to sit with me although you make me feel uneasy.”



Use the following pages

Watch yourself grow with eac

lace one step at a time.

re you are.

I choose what I say to myself and how to act on the situation

I can talk to someone I trust

I REFRAME the way I view the situation

I can be curious about my uncomfortable emotions and tend to them kindly.

How to grow with perseverance



I can regulate my emotions

Practising these steps may help you to process your feelings, strengthen your reflective skills and build resilience.

to check in regularly.

n challenge you overcome!

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What colours do you think would represent them?

#4
If feelings were patterns, what would yours look like?



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MY DAY OF DISCOVERY

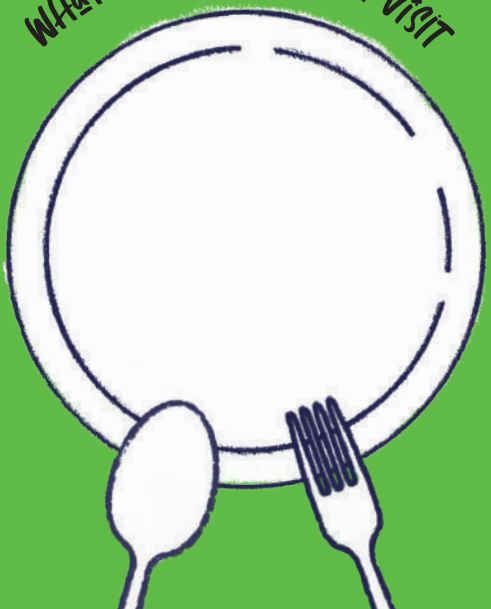
EXPLORING ART N' HISTORY AT THE GALLERY







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!

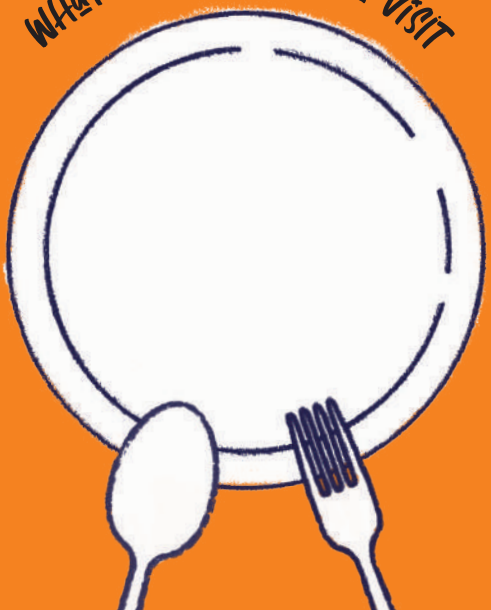
MY DAY OF DISCOVERY

EXPLORING ART N' HISTORY AT THE GALLERY











ARTWORK-OF-THE-DAY

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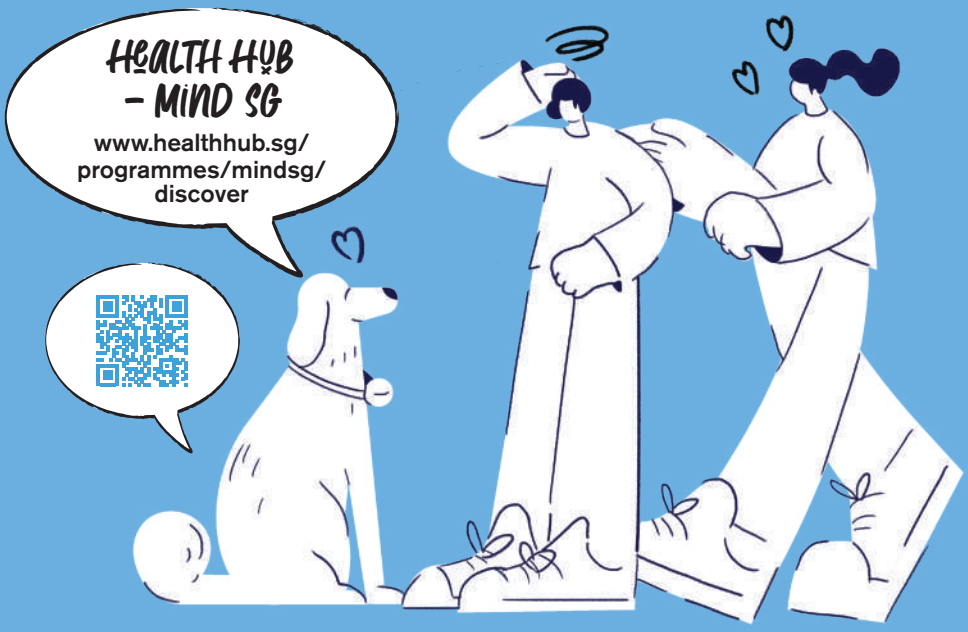


HOW MY DAY MEASURED UP



Rate your visit!

IT'S OK TO REACH OUT FOR HELP



NATIONAL MINDLINE

Hotline: 1-77-1

Whatsapp: 6669-1771 (24-hr)



VIOLENCE OR ABUSE

- National Anti-Violence and Sexual Harrassment Helpline (24-hr) **1800-777-0000**

MINDLINE.SG

A website with tools and resources to help you check and take care of your mental health.
www.mindline.sg/home



MENTAL WELL-BEING

▪ Institute of Mental Health's Helpline	**6389-2222**
▪ Samaritans of Singapore	**1767 (24-hr hotline)**
	9151-1767 (24-hr Whatsapp)
▪ Singapore Association for Mental Health	**1800-283-7019**
▪ Fei Yue's Online Counselling Service	**fycs.org/ec2-sg**

VISIT

GROVVE
*SCAPE, 2 Orchard Link,
#04-06, S'pore 237978

Opening Hours:
Mon-Sat: 11AM-8PM
Sun: Closed
https://mindline.sg/grovve



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SINGAPORE