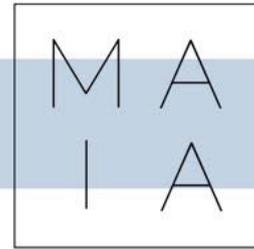


DAILY COVID JOURNAL



PSYCHOLOGICAL SERVICES

HOW TO USE THIS JOURNAL

Journaling has been found to be a useful tool to bring awareness to patterns of behaviour we want to change. This journal is designed to support you through COVID by giving you a daily ritual where you acknowledge how you are feeling, identify challenges and develop a plan to provide yourself with what you need especially during the I am not ok moments.

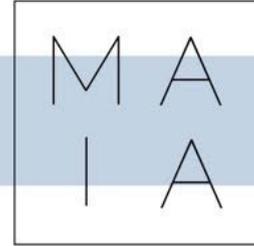
TODAY I HAVE WOKEN UP FEELING...

Name your feelings eg. sad, tired, energised, happy, excited. Rate the feeling 0-10

COVID CAN GO GET LOST BECAUSE....

Let it out here if you need to!! eg. I can't go see my family or my hours are reduced

DAILY COVID JOURNAL



PSYCHOLOGICAL SERVICES

ONE WAY COVID HAS POSITIVELY INFLUENCED MY BEHAVIOUR IS....

Reflect upon the past day or week and share what may have been positive. Eg. spending more time with family or cooking more.

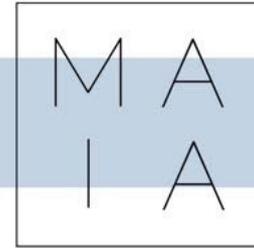
ONE THING I WILL DO TO GROUND TODAY IS...

commit to one behaviour, it should be achievable. eg. go for a walk, do breathing.

I KNOW I AM OK WHEN...

Share thoughts, behaviours and feelings that indicate you are in an "I am ok" space

DAILY COVID JOURNAL



PSYCHOLOGICAL SERVICES

I KNOW I AM NOT OK WHEN...

Share patterns of thoughts, feelings or behaviours that indicate you are not ok, eg. irritability.

WHEN I A NOT OK, I NEED TO....

how can you turn towards yourself and ground, get support or self soothe?

IF I REALLY NEED TO CALL SOMEONE....

Place names of supports that you can plug into today to have a catch up or get support through struggle....