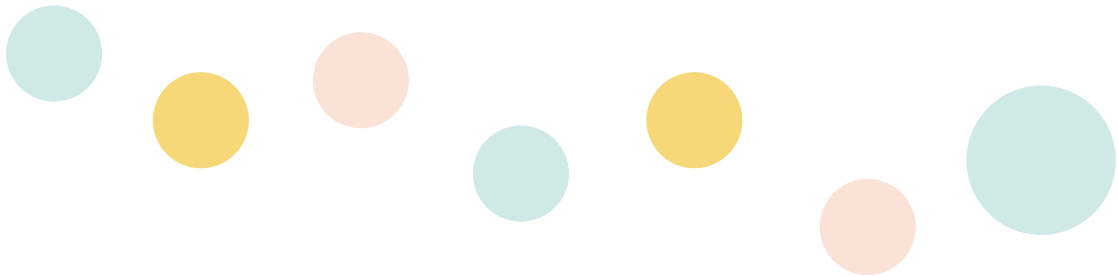




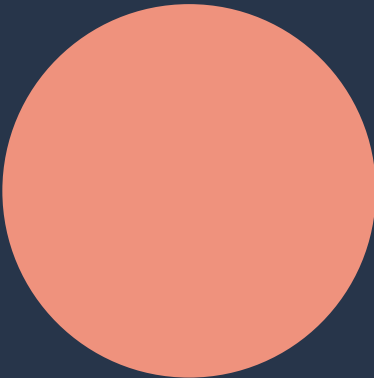
A PERSONAL REFLECTION WORKBOOK

# Understanding My Mental Health

Six thoughtful pages to notice patterns, recognise needs and build a personal support map.



NOTICE • REFLECT • UNDERSTAND • SUPPORT



There is no “right” way to complete these pages.

# My mental health snapshot

## How am I today?

Mood: 0 1 2 3 4 5 6 7 8 9 10

Energy: 0 1 2 3 4 5 6 7 8 9 10

Stress: 0 1 2 3 4 5 6 7 8 9 10

Three words for today:

\_\_\_\_\_

## What has my attention?

What feels most important, difficult or present today?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## What is going well?

Include small things: getting through the day, asking for help, noticing a need, resting, connecting or trying again.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## What feels difficult?

Consider emotions, thoughts, relationships, work, health, money, identity, loss, change, sleep or daily tasks.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## The wider picture

Recent changes or pressures: \_\_\_\_\_

What I have been carrying for a long time: \_\_\_\_\_

People, places or responsibilities affecting me: \_\_\_\_\_

Something I wish others understood: \_\_\_\_\_

Right now, I need more \_\_\_\_\_ and less \_\_\_\_\_

# Recognising my patterns

## My early signs

THOUGHTS: \_\_\_\_\_  
 EMOTIONS: \_\_\_\_\_  
 BODY: \_\_\_\_\_  
 BEHAVIOUR: \_\_\_\_\_  
 COMMUNICATION: \_\_\_\_\_  
 DAILY TASKS: \_\_\_\_\_

## What tends to trigger me?

☐ conflict ☐ uncertainty ☐ demands  
☐ rejection ☐ sensory overload ☐ change  
☐ pain or illness ☐ poor sleep ☐ loneliness  
☐ memories ☐ masking ☐ being rushed  
☐ money ☐ work ☐ relationships  
 Other: \_\_\_\_\_

## My pattern map

BEFORE: What was happening? \_\_\_\_\_  
 DURING: What did I notice inside and outside? \_\_\_\_\_  
 RESPONSE: What did I do to cope or protect myself? \_\_\_\_\_  
 AFTER: What did I need? \_\_\_\_\_  
 What might this pattern be communicating? \_\_\_\_\_

## Things that intensify it

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## Things that soften it

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

# Understanding my needs

## What might I need today?

Tick, circle or add: ☐ safety ☐ rest ☐ food or water ☐ movement ☐ quiet ☐ sensory comfort ☐ connection ☐ space ☐ reassurance ☐ information ☐ boundaries ☐ practical help ☐ expression ☐ fun ☐ meaning ☐ professional support

Something else: \_\_\_\_\_

## My body and sensory needs

Light, sound, temperature, touch or movement that helps:

\_\_\_\_\_

Signals that I am hungry, thirsty, tired, tense or in pain:

\_\_\_\_\_

\_\_\_\_\_

## My emotional needs

What helps me feel heard, safe, respected or less alone?

\_\_\_\_\_

What makes it easier to express myself?

\_\_\_\_\_

\_\_\_\_\_

## My practical needs

One task that feels heavy: \_\_\_\_\_

Could it be smaller? \_\_\_\_\_

Could someone help? \_\_\_\_\_

What can wait? \_\_\_\_\_

What is the next visible step? \_\_\_\_\_

## A boundary I may need

I am allowed to...

☐ say no ☐ ask for time ☐ change my mind

☐ request clarity ☐ leave or pause

☐ protect rest ☐ reduce demands

My words: \_\_\_\_\_

# My wellbeing support map

## People and connection

Someone who listens: \_\_\_\_\_  
 Someone practical: \_\_\_\_\_  
 Someone I can be myself with: \_\_\_\_\_  
 Professional support: \_\_\_\_\_  
 A community or group: \_\_\_\_\_

## Places and environments

A place that feels safe: \_\_\_\_\_  
 A quiet or low-demand place: \_\_\_\_\_  
 A place where I feel connected: \_\_\_\_\_  
 Helpful environmental changes: \_\_\_\_\_  
 \_\_\_\_\_

## Activities that support me

☐ music ☐ creativity ☐ nature ☐ rest  
☐ routine ☐ movement ☐ learning ☐ play  
☐ animals ☐ faith/spirituality ☐ journalling  
☐ sensory tools ☐ something else: \_\_\_\_\_

One activity I miss: \_\_\_\_\_

## Care that works for me

Medication or treatment, if relevant: \_\_\_\_\_  
 Helpful adjustments: \_\_\_\_\_  
 What professionals should know: \_\_\_\_\_

What has not helped: \_\_\_\_\_  
 \_\_\_\_\_

## My support circle

INNER CIRCLE - people I trust most: \_\_\_\_\_  
 MIDDLE CIRCLE - people or services I can contact: \_\_\_\_\_  
 OUTER CIRCLE - community, online or emergency resources: \_\_\_\_\_

The easiest way for me to ask for help is: \_\_\_\_\_

One person I could update this week: \_\_\_\_\_

# My personal mental health plan

## When I am doing well

I notice: \_\_\_\_\_  
 My routines look like: \_\_\_\_\_  
 I connect by: \_\_\_\_\_  
 I enjoy: \_\_\_\_\_  
 I want to protect: \_\_\_\_\_

## When I am struggling

My first warning signs: \_\_\_\_\_  
 What others may notice: \_\_\_\_\_  
 What I need people to do: \_\_\_\_\_  
 What I need them not to do: \_\_\_\_\_  
 \_\_\_\_\_

## My personalised response

FIRST: \_\_\_\_\_  
 THEN: \_\_\_\_\_  
 IF THAT IS NOT ENOUGH: \_\_\_\_\_  
 PEOPLE OR SERVICES TO CONTACT: \_\_\_\_\_

## My compassionate message

What do I need to hear when things are hard?

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

"I am allowed to need support."

## Urgent safety support

My crisis contact: \_\_\_\_\_  
 My safe place/person: \_\_\_\_\_  
 Information to share: \_\_\_\_\_

If I am in immediate danger, unable to stay safe or at risk of harm, I will contact emergency services or urgent crisis support.

## One next step

A kind, realistic step I can take within 24 hours: \_\_\_\_\_