



A Guided Journal for
When You're Feeling
Off or Overwhelmed

An beginner's guide to
exploring and understanding
your mental health

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This space is for when things feel off, overwhelming, or harder than expected.

From start to finish this book is yours. It is for you to bring forth the person you want to be. Through these pages, as you reach inward remember you hold the power; perhaps a feeling comes out as a doodle, a poem, or an image.

There are no rules, no perfect way, just you.

Be true to you and use all your beauties and strengths to move through the pages.

What brought you to this project ?

Slow down, tap in, give this project the time you deserve.
Breathe. Think. Feel. Reflect

Whatever comes up here is okay.

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Who are you?

How do you see yourself? Mirror yourself on this page. Describe your perception of yourself, what you like, what is important to you and where you see yourself in the context of the world around.

Take your time with this, it may be difficult, be honest yet gentle

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What has been feeling hardest lately?

Take time to reflect on the parts of your life that you struggle the most with. This could be a role/responsibility, tasks and activities, etc. We all have areas of our life we find ourselves struggling with, what are those for you?

Gratitude

What are you grateful for in your life? Try to be specific. It can be the warm cup of coffee in front of you or the loved one you maintain a strong relationship with.

Having gratitude is not a replacement for discomfort but rather a coping tool

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Whether you completed one page or all of them, good job. It takes courage to look inward.

This isn't about having everything figured out. It's about noticing what's there, even if it feels unclear or unfinished.

If something here resonated, you don't have to hold it on your own.

There's space to explore it further, at your own pace.

If you're wanting support as you explore this, you can learn more at

LivingMindfullyTherapy.com