



## The Journal

Instructions: Start by obtaining a new notebook or notepad. Writing on real paper works better than using a phone or computer. You will use this journal for many of the exercises in the Fight Monsters curriculum. We strongly recommend writing each exercise in your own personal journal, although you can also print these exercises as worksheets if necessary. This exercise has 2 parts:

- 1) On the first page of your new journal, write your journal rules (See below). We've provided some suggestions. It is okay to paraphrase/reword, delete, or completely change our recommended rules.
- 2) Think about your list of go-to "Anxiety Slayer" activities. You may already be able to list a number of things, or you may not have any idea yet! That's okay. The purpose of this section is for you to keep tabs in the coming weeks on activities that are particularly effective at providing calm when you feel anxious. Be mindful of what works for you and how to incorporate them into your daily life.

*Helpful tip: Take your time when writing in your journal. Go to a peaceful place that's quiet. Drink your favorite beverage. Relax. Enjoy the process.*

### *Journal Rules:*

- 1. In this journal I am going to be absolutely honest and open with myself*
- 2. I will not judge the feelings and thoughts I express here. It's okay to have strong feelings and surprising thoughts on this journey. They are stepping stones to a better me.*
- 3. Simple words and honest questions can unlock profound insights.*



4. *Honesty > Perfection*
5. *(Optional): Create your own rule*
6. *(Optional): Create your own rule*

## *Anxiety Slayers*

*What helps you feel calm when you are stressed? Make a list below, and keep track of their effectiveness in the coming weeks as you experiment. Not sure what to put? See below for tips!*

*Suggestions if you're stuck: Taking a walk, painting, drawing, adult coloring books, yoga, meditation, breathing exercises, drinking hot tea, interacting with a pet, squeeze a stress ball, relaxation techniques and/or visualization techniques.*