space to write about anything that's on your mind

You can share this journal with the staff and/or your carer if you think that would be helpful to you...

Name:

Date:

SELF-ISOLATION JOURNAL

ACTIVITY IDEAS

Tick all those that interest you...

- Read a book
- Meditate
- Watch a film
- Do a puzzle
- Listen to music
- Sing
- Play video games
- Watch Youtube
- Arts & crafts
- Yoga
- Learn a new skill
- Play an instrument
- Write
- Call a friend
- Home workout
- Fill out this journal!
- Colour

This was created by someone with lived experience of mental health.
**How have you been feeling today?**

sad, positive, angry, frustrated, ashamed, depressed, numb, bored, grateful, tired, alone, hopeful, colour or shade all that apply.

**Daily Planner**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
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</table>

**Drink Tracker**

2 litres

- 1500ml
- 1 litre
- 500ml

- Colour or shade
- How much water or other drinks you've had today.

**Self Care**

What have you done to take care of yourself today?

- Got up □
- Made bed □
- Brushed hair □
- Got dressed □
- Shower □
- Brushed teeth □
- Deodorant □
- Got some fresh air □

**Food Tracker**

Have you had something to eat today for...

- Breakfast □
- Lunch □
- Dinner □

**Connect**

Have you had a video/phone call with a friend or relative today?

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
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</table>

How did it go?

**Support**

Is there anything else you need to keep you busy or support you?

**Give**

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