

EXERCISE: Mindful/reflective diary



Why: Psychological health has been found to be influenced by mindfulness activities. This can help you be aware of your thinking patterns, for example if you have repetitive negative thoughts. This diary helps you to be mindful of your day in terms of what went well. It reduces negative thoughts by thinking about ways to improve on things that were challenging.

How:

- Write what you think went well today. Also write down what didn't go so well today and what could be done differently tomorrow. This diary aims to get you to think about things that have been positive as well as challenging. It also aims to help you think about how you can improve in the future.
- Print it off and complete it for the week. Keep it somewhere that you have easy access to. It can be completed at the end of each day.