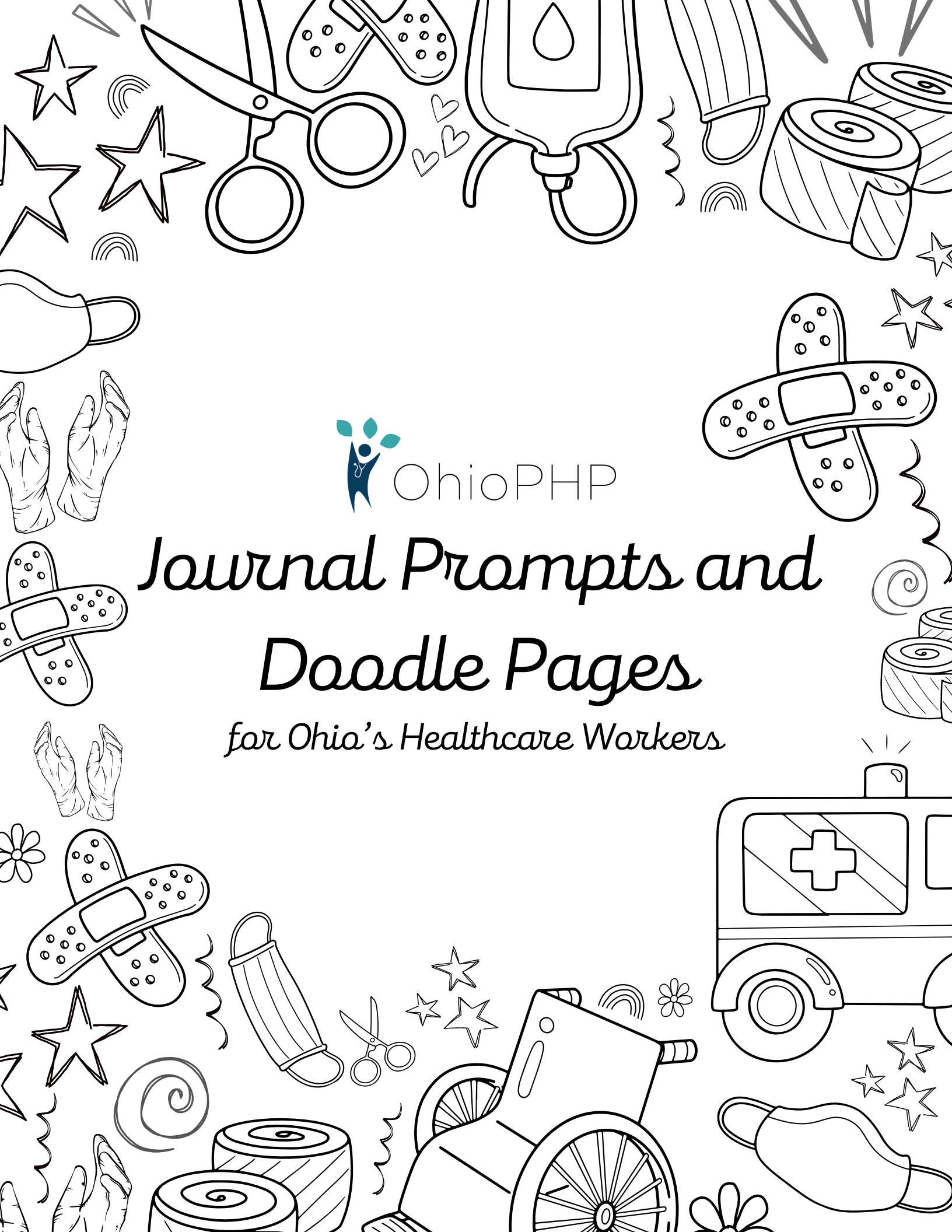





Journal Prompts and Doodle Pages

for Ohio's Healthcare Workers





Use this however will be helpful to you. Journal all of the questions, journal in order, skip around, only use the doodle pages, rip up the pages when you are done.

There are no rules here, just support.



OhioPHP



Today's Date:

Name 5 things that tend to cause your stress at work

Where do you currently feel tension in your body?



Today's Date:

What natural setting do you feel most comfortable in?

What is something you can do today that your future self will be thankful for?



Today's Date:

When you have had a bad day, what or who helps you feel better?

Do a "worry dump" - write down everything that is causing you stress.



Today's Date:

What is one thing you absolutely love about yourself?

What would you do if you knew you couldn't fail?



Today's Date:

Write a letter to your younger self. What wisdom or comfort would you offer?

If you could do anything in the next year, what would it be?



Today's Date:

What do you feel challenged by right now?

What makes life feel complicated right now?



Today's Date:

I am strong because...

What are three things I struggle with at work right now?

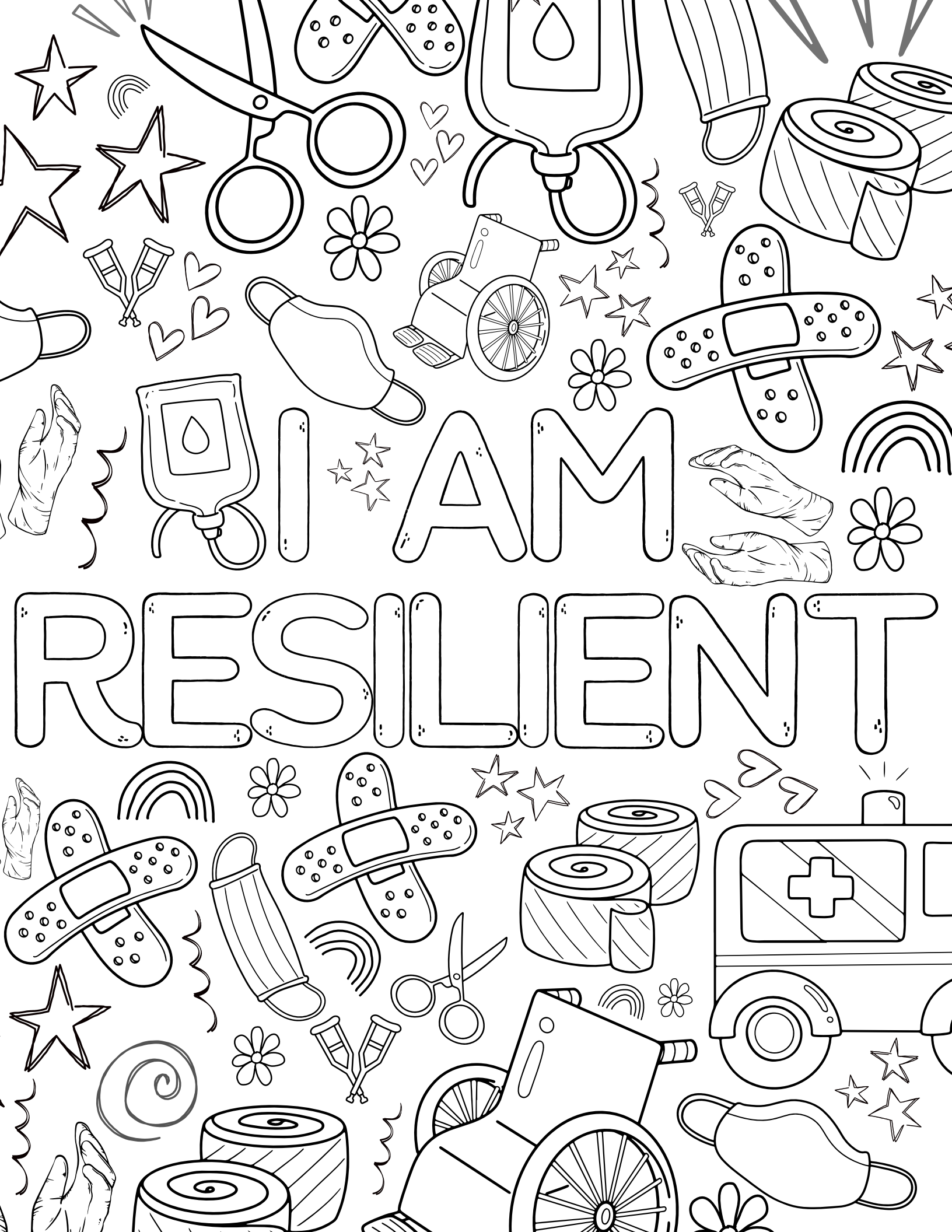
I KNOW I

CAN

HANDLE

THIS





I AM

RESILIENT