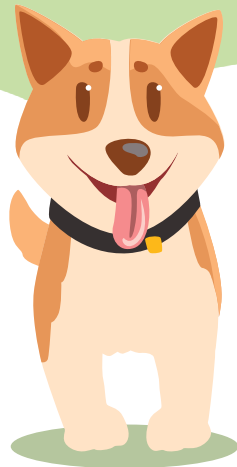


Healthy Mind Progress Booklet



Name _____

Date _____

Topics

Recognising feelings

Breathe and relax

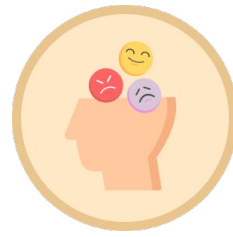
Taming anger

Having more fun

Tackling unhelpful thinking

Name _____

Date _____



Topic: Recognising feelings







Keep track of your progress on Healthy Mind



Session 1: Noticing your feelings



Session 2: Talking about your feelings

 Part 1: Noticing your feelings Learn about it	 Date finished ____	 Part 1: Talking about your feelings Learn about it	 Date finished ____
 Part 2: Noticing your feelings Watch it	 Date finished ____	 Part 2: Talking about your feelings Watch it	 Date finished ____
 Part 3: Noticing your feelings Do it	 Date finished ____	 Part 3: Talking about your feelings Do it	 Date finished ____

Name _____

Date _____



Topic: Breathe and relax

Keep track of your progress on Healthy Mind



Session 1: Relax your breathing



Session 2: Relax your body



Part 1: Relax your breathing
Learn about it

✓
Date finished



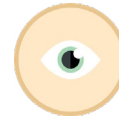
Part 1: Relax your body
Learn about it

✓
Date finished



Part 2: Relax your breathing
Watch it

✓
Date finished



Part 2: Relax your body
Watch it

✓
Date finished



Part 3: Relax your breathing
Do it

✓
Date finished



Part 3: Relax your body
Do it

✓
Date finished

Name _____

Date _____



Topic: Taming anger

Keep track of your progress on Healthy Mind



Session 1: Calming down



Session 2: Talking when you feel angry

 Part 1: Calming down Learn about it	 Date finished ____	 Part 1: Talking when you feel angry Learn about it	 Date finished ____
 Part 2: Calming down Watch it	 Date finished ____	 Part 2: Talking when you feel angry Watch it	 Date finished ____
 Part 3: Calming down Do it	 Date finished ____	 Part 3: Talking when you feel angry Do it	 Date finished ____

Name _____

Date _____



Topic: Having more fun

Keep track of your progress on Healthy Mind



Session 1: Enjoyable activities

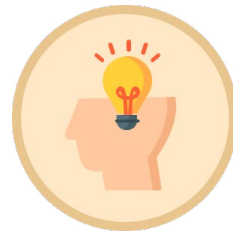


Session 2: Planning activities

 Part 1: Enjoyable activities Learn about it	 Date finished ____	 Part 1: Planning activities Learn about it	 Date finished ____
 Part 2: Enjoyable activities Watch it	 Date finished ____	 Part 2: Planning activities Watch it	 Date finished ____
 Part 3: Enjoyable activities Do it	 Date finished ____	 Part 3: Planning activities Do it	 Date finished ____

Name _____

Date _____



Topic: Tackling unhelpful thinking

Keep track of your progress on Healthy Mind



Session 1: Noticing unhelpful thoughts



Session 2: Focusing on helpful thoughts

 Part 1: Noticing unhelpful thoughts Learn about it	 Date finished ____	 Part 1: Focusing on helpful thoughts Learn about it	 Date finished ____
 Part 2: Noticing unhelpful thoughts Watch it	 Date finished ____	 Part 2: Focusing on helpful thoughts Watch it	 Date finished ____
 Part 3: Noticing unhelpful thoughts Do it	 Date finished ____	 Part 3: Focusing on helpful thoughts Do it	 Date finished ____