

50

MENTAL HEALTH
WRITING PROMPTS





Mental Health Quotes:

"WHAT MENTAL HEALTH NEEDS IS MORE SUNLIGHT, MORE CANDOR, AND MORE UNASHAMED CONVERSATION." – GLENN CLOSE.

"IT'S OKAY TO NOT BE OKAY, IT'S OKAY TO ASK FOR HELP." – UNKNOWN.

"CHANGE WHAT YOU CAN, MANAGE WHAT YOU CAN'T." — RAYMOND MCCAULEY

"IF THERE IS NO STRUGGLE, THERE IS NO PROGRESS." — FREDRICK DOUGLASS

"ONE SMALL CRACK DOES NOT MEAN THAT YOU ARE BROKEN, IT MEANS THAT YOU WERE PUT TO THE TEST AND YOU DIDN'T FALL APART." — LINDA POINDEXTER

"NOT UNTIL WE ARE LOST DO WE BEGIN TO UNDERSTAND OURSELVES." — HENRY DAVID THOREAU

"EVEN IF WE DON'T HAVE THE POWER TO CHOOSE WHERE WE COME FROM, WE CAN STILL CHOOSE WHERE WE GO FROM THERE." — STEPHEN CHBOSKY



50 *Mental Health Writing Prompts*

WRITE ABOUT A TIME YOU OVERCAME A CHALLENGE. WHAT DID YOU LEARN FROM THE EXPERIENCE?

DESCRIBE A PLACE WHERE YOU FEEL SAFE AND AT PEACE.

WRITE A LETTER TO YOUR YOUNGER SELF. WHAT ADVICE WOULD YOU GIVE?

HOW DO YOU DEFINE SUCCESS, AND HOW DOES IT RELATE TO YOUR MENTAL HEALTH?

DESCRIBE A SITUATION THAT MADE YOU FEEL ANXIOUS. HOW DID YOU COPE?

WHAT DOES SELF-CARE MEAN TO YOU? LIST YOUR FAVORITE SELF-CARE ACTIVITIES.

WRITE ABOUT A PERSON WHO HAS POSITIVELY INFLUENCED YOUR MENTAL HEALTH.

WHAT ARE YOUR COPING MECHANISMS DURING STRESSFUL TIMES?

DESCRIBE A TIME WHEN YOU FELT TRULY HAPPY. WHAT CONTRIBUTED TO THAT FEELING?

WRITE ABOUT A FEAR YOU HAVE AND HOW IT AFFECTS YOUR LIFE.

WHAT ARE SOME NEGATIVE THOUGHTS YOU OFTEN HAVE? HOW CAN YOU CHALLENGE THEM?

LIST FIVE THINGS YOU LOVE ABOUT YOURSELF AND WHY.

DESCRIBE YOUR IDEAL DAY. WHAT ACTIVITIES WOULD YOU INCLUDE?

WRITE ABOUT A TIME YOU FELT MISUNDERSTOOD. HOW DID YOU HANDLE IT?

WHAT ROLE DOES MINDFULNESS PLAY IN YOUR LIFE?

HOW DO YOU EXPRESS YOUR EMOTIONS? WRITE ABOUT YOUR PREFERRED METHODS.

DESCRIBE A DIFFICULT DECISION YOU HAD TO MAKE. WHAT DID YOU LEARN?

WRITE ABOUT THE IMPORTANCE OF SETTING BOUNDARIES IN RELATIONSHIPS.

WHAT IS SOMETHING YOU WISH OTHERS UNDERSTOOD ABOUT YOUR MENTAL HEALTH JOURNEY?

DESCRIBE A MEMORY THAT BRINGS YOU JOY.

HOW DO YOU HANDLE FEELINGS OF LONELINESS?

WRITE ABOUT A BOOK OR MOVIE THAT HAS IMPACTED YOUR MENTAL HEALTH

WHAT ARE YOUR BIGGEST STRESSORS, AND HOW CAN YOU MANAGE THEM?

DESCRIBE YOUR RELATIONSHIP WITH SOCIAL MEDIA AND ITS EFFECTS ON YOUR MENTAL HEALTH.

WRITE ABOUT A GOAL YOU WANT TO ACHIEVE AND THE STEPS YOU'LL TAKE TO REACH IT.

WHAT ARE THE QUALITIES OF A GOOD FRIEND? REFLECT ON YOUR FRIENDSHIPS.

WRITE ABOUT A TIME YOU PRACTICED FORGIVENESS, EITHER FOR YOURSELF OR SOMEONE ELSE.

HOW DOES YOUR ENVIRONMENT AFFECT YOUR MENTAL WELL-BEING?

DESCRIBE A HABIT YOU WANT TO CHANGE AND WHY.

WRITE ABOUT A TIME YOU FELT PROUD OF YOURSELF. WHAT DID YOU ACCOMPLISH?

HOW DO YOU RECHARGE AFTER A LONG DAY?

WHAT ARE SOME POSITIVE AFFIRMATIONS YOU CAN TELL YOURSELF?

WRITE ABOUT A TIME YOU FELT OVERWHELMED. HOW DID YOU COPE?

DESCRIBE A DREAM OR ASPIRATION YOU HAVE. WHAT STEPS CAN YOU TAKE TO ACHIEVE IT?

WHAT ARE SOME WAYS YOU CAN BE KINDER TO YOURSELF?

WRITE ABOUT THE IMPORTANCE OF SEEKING HELP WHEN NEEDED.

HOW DO YOU CELEBRATE YOUR ACHIEVEMENTS, BIG OR SMALL?

DESCRIBE A TIME WHEN YOU HAD TO ADVOCATE FOR YOURSELF.

WRITE ABOUT YOUR FAVORITE CHILDHOOD MEMORY AND HOW IT SHAPED YOU.

WHAT IS YOUR RELATIONSHIP WITH CHANGE? HOW DO YOU COPE WITH IT?

DESCRIBE HOW YOU HANDLE CRITICISM AND FEEDBACK.

WRITE ABOUT A TIME YOU STEPPED OUT OF YOUR COMFORT ZONE.

WHAT DOES RESILIENCE MEAN TO YOU? DESCRIBE A MOMENT YOU DEMONSTRATED RESILIENCE.

HOW DO YOU PRACTICE GRATITUDE IN YOUR DAILY LIFE?

WRITE ABOUT AN EXPERIENCE THAT CHALLENGED YOUR BELIEFS OR VALUES.

WHAT ARE SOME SMALL THINGS THAT BRING YOU JOY?

DESCRIBE YOUR IDEAL SUPPORT SYSTEM. WHO WOULD BE IN IT?

WRITE ABOUT A LESSON YOU LEARNED FROM A FAILURE.

HOW DO YOU ENVISION YOUR MENTAL HEALTH JOURNEY IN THE FUTURE?

WHAT DO YOU CONSIDER THE MOST IMPORTANT THING IN YOUR LIFE?

MY THOUGHTS...