

MENTAL HEALTH WORKSHEET INDEX

WORKSHEET	DESCRIPTION	PAGE NO.	WHO IS IT FOR?
Strengths Checklist	<i>Circle strengths now (select 6)</i>	P4	Anyone
Strengths and Skills	<i>Mindfulness Senses</i>	P6	Anyone
My Values	<i>Circle values that apply. Values shape attitude</i>	P16-19	Anxiety/Worry
CBT	<i>Thoughts, feeling and behaviour</i>	P22-24	Behaviour/Self discovery
Self-Talk	<i>Positive self-talk (Flower)</i>	P25	Anxiety/body image
Thinking Healthier Thoughts	<i>Positive way to think about situations</i>	P26	Anxiety/Stress/Low confidence
Growth Mindset	<i>Positive way to think of something concerning</i>	P27	Anxiety/Stress/Low confidence
Evidence Log (Thoughts on Trial)	<i>Observe thought</i>	P30	Anxiety/Stress/Low confidence
Thinking Log	<i>Challenge thoughts (similar to thoughts on trial)</i>	P33-34	Anxiety/Stress/Low confidence
For Better, For Worse	<i>When I am upset this makes me feel better / worse</i>	P38	Anxiety/Stress/Low confidence
Processing the Problem	<i>Helps to process thoughts by working out triggers and protective factors</i>	P39	Anxiety/Stress/Low confidence
Fear/Anxiety Ladder	<i>Use in combination with my Ladder?</i>	P40-41	Anxiety/Stress/Low confidence
Thoughts Reflection	<i>Where am I at my best / who gives me comfort</i>	P43	Anxiety/Stress/Low confidence
Critical Thinking	<i>Best case, worst, case and most likely to happen</i>	P44	Anxiety/Stress/Low confidence
Changing Your Thoughts	<i>How to observe and monitor thoughts</i>	P51-52	Anxiety/Stress/Low confidence
Feelings	<i>Feelings words circle them and feelings circle to identify them</i>	P56-58	Bettering self/Self-discovery
My Self Care Plan	<i>What fills and drains you</i>	P61	Anyone
Gratitude Jar	<i>Things you are thankful for</i>	P69-71	Anyone
Stress Management	<i>Healthy, Unhealthy and New habits</i>	P70	Anyone
Self-Regulation Ideas Before I Explode	<i>Ideas to try throughout the week</i>	P74	Anyone

WORKSHEET	DESCRIPTION	PAGE NO.	WHO IS IT FOR?
Growth	<i>Mindset – Letters used to provide powerful motivational acronym (Resilience)</i>	P76	Anyone
Let It Go	<i>Writing down what has upset us in the past and letting go of it</i>	P77	Past struggles
Journaling	<i>Benefits of journaling and writing it down</i>	P80	Processing feelings
Worry Jar	<i>Placing things you worry about in the jar. Opening the worry jar at specific times in the day.</i>	P81	Worry/Anxiety
To My Future Self	<i>Writing to your self about goals you want to achieve</i>	P82	Goals/Future
Know Thy Self	<i>Noting down favourite things to do</i>	P83	Low Mood
Assertive Bill of Rights	<i>Confidence to live and make healthy decisions</i>	P84	Worry/Anxiety
Free Stress Relivers	<i>A list of activities to release stress</i>	P85	Stress/Boredom
Affirmations	<i>Affirmations to internalise</i>	P87	Build self-belief/confidence
Anxiety Symptoms	<i>Anxiety symptoms for cognitive, physical, emotional and behaviour</i>	P88	Anxiety
My Week of Emotions	<i>A diary saying how you felt on a particular day and plan to stay in the green zone.</i>	P90	Anxiety/Low Mood
When I Feel Angry	<i>Iceberg; I show, I feel</i>	P91	Anger
Control and No Control	<i>What can and can't we control - having confidence to change the things we can</i>	P92	Anxiety
Self Care Ideas	<i>Positive things to do when feeling stressed/overwhelmed</i>	P93	Anxiety/Stress
Positive Affirmations	<i>Positive affirmations about caring for self</i>	P95	Body Image/Self worth
Growth Mindset Statements	<i>Positive statements but personal growth</i>	P96	Confidence
Growth Mindset; Instead of... Say...	<i>Changing negative statements for positive ones</i>	P97	Confidence, Anxiety Poor sleep
Break It Down	<i>Putting the anxiety into perspective/reality</i>	P98	Anxiety
Anxiety Trigger Sheet	<i>Understanding anxiety and putting it into perspective</i>	P99	Anxiety
Awareness Wheel	<i>Deconstructing the past to know how to respond now</i>	P101	Recent trauma event
Lifestyle Assessment	<i>Chaos and Order – Patterns in life</i>	P102	Struggling with life

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Factors of Health and Quality of Life	<i>Factors influencing quality of life</i>	P107	Struggling with life
Breathing Exercise	<i>Mindfulness - Breathing</i>	P110	Anxiety/Stress
My Protective Factors	<i>Factors to help you be resilient at challenging times</i>	P113	Struggling with life
Wheel of Life	<i>Rating your self in all areas of life</i>	P116	Anyone
Achieving Goals	<i>Goals and achieving them and habit tracker</i>	P123/4	Goals/Future
Wellness Goals	<i>What I am doing well and where I can improve and tracker</i>	P125/6	Goals/Future
Life Goals	<i>Look at different areas of life and reaching goals</i>	P133	Goals/Future
Goals	<i>Think about the specific goals and being proactive with it and tracker</i>	P135	Goals/Future

Using The Mental Wellness Library by Julia Welles.