

# MENTAL HEALTH & EMOTIONAL RESILIENCE WORKSHEET

Co-funded by the European Union

Highlights e.V.  
MIND, TECH, LIFELONG LEARNING



**NAME:** \_\_\_\_\_

## MY SOURCES OF SUPPORT:

PEOPLE:

DAILY HABITS:

INNER RESOURCES (E.G. HOBBY, SPIRITUALITY):

ENVIRONMENT (E.G. NATURE):

## AT THE END OF THE WEEK, TAKE A MOMENT TO REFLECT:

- WHAT HELPED ME FEEL EMOTIONALLY STRONG THIS WEEK?
- WHAT CHALLENGES DID I FACE, AND HOW DID I RESPOND?
- DID I STICK TO MY SCREEN TIME GOAL? WHAT WORKED OR DIDN'T?
- ONE THING I'M PROUD OF!

## EMOTIONAL RESILIENCE PRACTICES I CAN USE

- BOX BREATHING (4-4-4-4)
- JOURNALING
- YOGA
- BRIEF WALK OUTSIDE
- TALKING/CALLING TO SOMEONE I TRUST
- WELLNESS
- READING
- GUIDED MEDITATION/PRAYING
- OTHER: \_\_\_\_\_

## REDUCING SCREEN & SOCIAL MEDIA TIME

### WHY IT MATTERS:

TOO MUCH SCREEN TIME, ESPECIALLY ON SOCIAL MEDIA DRAINS OUR **ATTENTION**, **INCREASES STRESS**, **DISRUPTS SLEEP**, AND CREATES **UNREALISTIC COMPARISONS**.

## MY CURRENT SCREEN HABITS:

- AVERAGE DAILY AND WEEKLY SCREEN TIME:
- MOST-USED APPS/PLATFORMS:
- TIME I SPEND ON SOCIAL MEDIA PER WEEK (!) WITHOUT INTENTION:
- NUMBER OF DAILY PHONE PICK-UPS:

## WHAT I WANT TO CHANGE:

- SET APP LIMITS
- DIGITAL-FREE 1 HOURS IN THE MORNINGS/EVENINGS
- USE GRayscale MODE
- CREATE 5-10 M PHYSICAL SPACE BETWEEN PHONE FOR FOCUSED TASKS
- CHECK SCREEN STATISTICS
- FIND A SCREEN TIME BUDDY

## MY RANKING OF MY MENTAL HEALTH THIS WEEK

