

MENTAL HEALTH & EMOTIONAL RESILIENCE WORKSHEET



Co-funded by
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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

