



The Resilience Rucksack project[®]



A Guide to your Self-Compassion Journal

“What is the Self-Compassion journal?”

“The self-compassion journal is where you can either draw or write anything you want that makes you feel good.”

“Why should I use this journal?”

“Young people in our workshops felt that this journal can help you to be kinder towards yourself and think more positively. This can help you to process feelings that you have come across that day. If you use your compassion journal often this can have a good effect on your wellbeing and strengthen your resilience.”

“What does wellbeing and resilience mean?”

“Wellbeing means feeling ok, healthy, and safe, or doing well and feeling good. Resilience means being able to cope, or find help, when things get tough.”

“When can I use my journal?”

“You can use your journal whenever you want, in your own time. This is your journal, and it should be a fun thing to use, it is not homework. You do not have to show this journal to anyone if you don't want to, this is yours and it is your choice what you write in it. Some days you may not want to use your journal and that is ok but some days this journal could be really helpful!”

“What can I write in my journal?”

“You can write many things in your journal but here are some ideas...

Write **kind words** to yourself. Sometimes we can have challenging days that we find hard, but it is important to be kind to ourselves after these days. For example, ‘I was brave today because I had to stand on stage in Drama and this makes me feel nervous.’

Write down **three ‘good’ things** that went well that day and why these make you feel good? For example, ‘I finished reading my book today, and this made me feel **proud** because sometimes I find it hard to finish one book before I start my next book.’

Write down something that you are **grateful** for. For example, ‘it was sunny today, which meant I could take my dog for a long walk, and he could swim in the pond.’

Write down one **emotion** that you felt that day and then write down something that happened during the day where you felt this emotion. For example, ‘Joy... when I was told that we would be getting a new kitten at the weekend’. This can help you to make sense of why we are feeling some emotions.

Although sometimes we don’t know why we feel emotions, and this is ok, too.

... You can write these down in any way you want to. This journal is only for you, so if you understand it then it is ok.”

“What can I draw in my journal?”

“You can draw things that make you feel ‘good’, these can be pictures of your family and friends, of your favourite food, your favourite TV show, or anything else that you can think of! You can also draw good things that happened during your day. You can use colour if you want or no colour at all. Everything in this journal is your choice!”

“How can drawing and writing in my journal help me?”

“Young people in our workshops felt that drawing in your journal can relax your mind and can help you to see negative emotions as separate to you. They also felt that writing positive things in your journal can help you to build a positive view of your life but also to recognise how you overcame challenges and worked towards goals.”

**“Thank you!
Now I am ready to use my
Self-Compassion Journal!”**