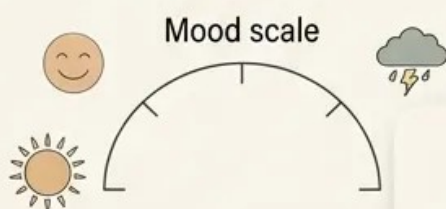


Mental Health & Emotional Wellbeing Templates

A curated collection for thoughtful reflection and gentle growth.

1. Mental Health Check-In



Name the hard feelings and the good moments

2. Anxiety Relief Template

Skips "think positive"

One thing that feels safe today?

.....

Who supported me recently?

.....



3. Self-Love Journal



Focus on strengths that go unnoticed.
A friend for your inner critic.

4. Confidence Builder



Celebrate small reps.
Confidence is built slowly.