For Your
Personal Mental
Health Journey

THE HEALTHY MENTAL

MINI WORKBOOK

BLISSFUL-FAITH.COM



HEY BESTIE! I'M DEVYN JANAE

Welcome to Blissful-Faith!

The Healthy Mental is an eBook designed for your personal mental health journey.

The purpose of this mini workbook is to give you some ideas on how you can manage your mental health. It will include some activities as well as some encouraging words.

Always remember you're destined to win because He got up!

xoxo -Devyn Janae

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LET THE *healing* WATERS FLOW.



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Challenging

NEGATIVE THOUGHTS

01

WHERE DOES THIS THOUGHT STEM FROM?

Identify the root cause of this thought. Where did it come from? Is this a fear? Has someone spoken this to you? Did it come from something you watched or witnessed?

02

IS THERE ANY TRUTH IN THIS THOUGHT?

Sometimes negative thoughts can be lies with a little truth in them. What is the likelihood of this thought becoming reality?

03

WHAT DID GOD SAY?

Usually negative thoughts go directly against what God has already said. Listen closely to the negative thought and seek out God's word on the topic. For example, if the negative thought says "you'll never be free" then you can seek what God has said about freedom.

04

IS THIS THOUGHT BASED ON FACT OR FEELING?

Feelings are not facts. How you feel can definitely bring on negative thoughts, but you have to challenge your feelings.

05

ARE MY NEEDS BEING MET?

Most of the time, unmet needs can attribute to negative thoughts. Take a step back and see where your needs aren't being met.

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BECOME ONE WITH *GOD* AND Self

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Self-Reflection **Questions** pt. 1

What is the difference between responding and reacting in your eyes?

Why do you think a healthy mind is important for purpose?

Where are you mentally?

Have you forgiven yourself for your past mistakes?

In the past week, what has made you angry? Explain the situation.

Define grace. Are you giving yourself grace?

Do you allow God to meet you in your mental health?

Look up where the mind starts. Write down your thoughts on this topic.

What are you most grateful for?

What is causing your emotions to be in turmoil?

Is there any past regrets you're holding onto?

Define love in the Bible. Are you being this way towards yourself? How can you do better in this area?

What is it that you have to remove to have peace in your mind?

How often do you take breaks?

What does your ideal day look like?

Self-Reflection **Questions** pt. II

Describe your self-care routine.

What made you smile today?

Is Christ a true priority in your life? Why/why not?

Have you forgiven yourself for your past mistakes?

Which feelings do you feel the strongest? Why do you think that is?

Are your emotions your indicators or your dictators?

How do you treat yourself when you're having a moment?

Do you feel that crying is a weakness? Why/why not?

What would it take for your mental health to always be well?

Is there anyone you haven't forgiven? This includes yourself.

Do you feel like a burden?

How do you handle your emotions?

Are you able to think clearly most days? Why/why not?

Do you believe you're worthy?

Why do you procrastinate?

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STAY FOCUSED ON YOUR OWN  *unique* JOURNEY  AND CELEBRATE YOUR *progress.*

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SHIFTING TO Gratitude

Day 1

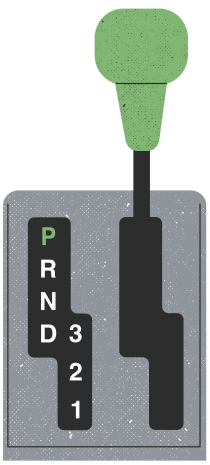
Today's Affirmation:

7 Reasons To Thank God (Tell Him Out Loud):

7 Things You are Grateful For:



The number 7 is the number of completion. My prayer is that as you continue to shift your focus to what you're grateful for and the positives that are happening in your life...you will become completely grateful for what God is allowing you to experience.



SHIFTING TO Gratitude

Day 2

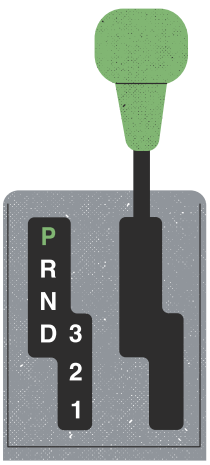
Today's Affirmation:

7 Reasons To Thank God (Tell Him Out Loud):

7 Things You are Grateful For:



The number 7 is the number of completion. My prayer is that as you continue to shift your focus to what you're grateful for and the positives that are happening in your life...you will become completely grateful for what God is allowing you to experience.



SHIFTING TO Gratitude

Day 3

Today's Affirmation:

7 Reasons To Thank God (Tell Him Out Loud):

7 Things You are Grateful For:



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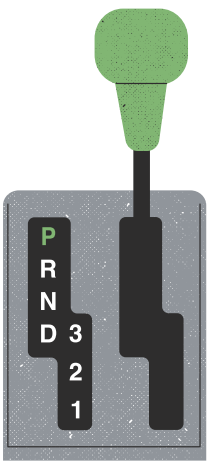

SHIFTING TO Gratitude

Day 4

Today's Affirmation:

7 Reasons To Thank God (Tell Him Out Loud):

7 Things You are Grateful For:



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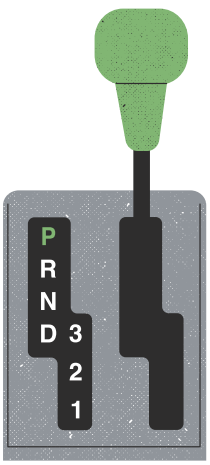


SHIFTING TO Gratitude

Day 5

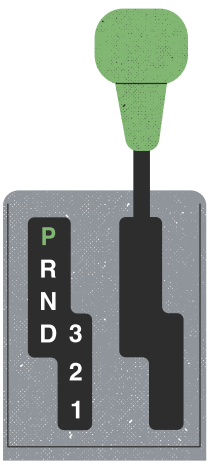
Today's Affirmation:

7 Reasons To Thank God (Tell Him Out Loud):

7 Things You are Grateful For:



The number 7 is the number of completion. My prayer is that as you continue to shift your focus to what you're grateful for and the positives that are happening in your life...you will become completely grateful for what God is allowing you to experience.



SHIFTING TO Gratitude

Day 6

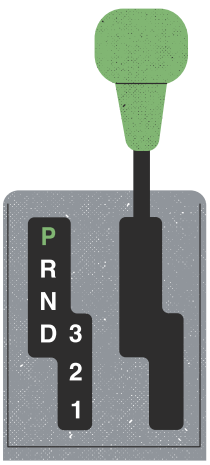
Today's Affirmation:

7 Reasons To Thank God (Tell Him Out Loud):

7 Things You are Grateful For:



The number 7 is the number of completion. My prayer is that as you continue to shift your focus to what you're grateful for and the positives that are happening in your life...you will become completely grateful for what God is allowing you to experience.



SHIFTING TO Gratitude

Day 7

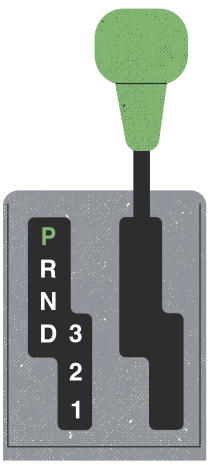
Today's Affirmation:

7 Reasons To Thank God (Tell Him Out Loud):

7 Things You are Grateful For:



The number 7 is the number of completion. My prayer is that as you continue to shift your focus to what you're grateful for and the positives that are happening in your life...you will become completely grateful for what God is allowing you to experience.



SCRIPTURE READING PLAN

- [ ] Philippians 4:6-7
- [ ] Isaiah 41:10
- [ ] Matthew 11:28-30
- [ ] Psalm 34:18
- [ ] 2 Corinthians 1:3-4
- [ ] John 14:27
- [ ] Romans 8:38-39
- [ ] Psalm 23:1-4
- [ ] 1 Peter 5:7
- [ ] Isaiah 26:3
- [ ] Jeremiah 29:11
- [ ] Psalm 42:11
- [ ] Matthew 6:34
- [ ] Romans 12:2
- [ ] Psalm 94:19



LETTER TO SELF EXERCISE

YOU GOT THIS

Writing a letter to yourself is a powerful tool used by the best therapists! The purpose of it is to recognize yourself as a human being going through life for the first time.
Writing letters to yourself can help with self-forgiveness, self-empowerment, and self-discipline. It's a simple, but yet powerful way to heal.

On the next page, you'll find a template to write yourself a letter for the 1st or 50th time!

Let's try it!

LETTER TO YOURSELF

Enjoy the process

20 COPING STRATEGIES TO TRY

The purpose of a coping strategy is to help you manage things like depression, anxiety, stress and etc.. They are practices you can use to bring yourself back to a balanced state and deal with your emotions in a healthy way.

Month: ..... **Week:** .....

Tasks	Su	Mo	Tu	We	Th	Fr	Sa
Journal	✓						
A Form Of Exercise							
Take A Walk							
Read The Bible							
Watch A Comedy							
Listen To Uplifting Music							
Write Yourself A Letter							
Take A Warm Bath							
Spend Time In Nature							
Pray							
Shop (Even If You Have To Window Shop)							
Do A Self-Care Task You Enjoy							
Do A Breathing Exercise							
Talk To Friends/Family							
Homemade Photoshoot							
Play With Your Pet							
Read A Book							
Play A Game							
Draw (Even If You Can't Draw Well)							
Call A Friend							

Thank you Bestie

FOR INVESTING IN YOUR AUTHENTIC SELF. YOU ARE LOVED AND THE VERY SPIRIT OF GOD LIVES WITHIN YOU. NEVER FORGET THAT YOU ARE DESTINED TO WIN BECAUSE HE GOT UP!

OUR MISSION IS TO ENCOURAGE YOU TO BE YOUR AUTHENTIC SELF AND WALK HAND IN HAND WITH YOUR BESTIE FOREVER, JESUS CHRIST

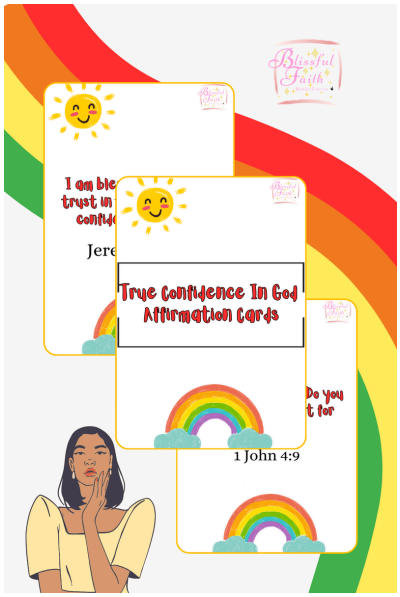
CHECK OUT WHAT ELSE WE HAVE TO OFFER:



DEVOTIONS WITH DEV



GUIDED MEDITATIONS



CONFIDENCE AFFIRMATIONS