

*The benefits of journaling have long been determined to be helpful for one's mental health. Whether writing using fun, creative prompts or therapeutic prompts, writing can help integrate both sides of your brain, thus creating a more balanced version of you. Here are some prompts to get you started.*

## Journal Prompts for Teens

1. What is something that you have overcome?
2. What do you think your life would look like if you didn't have anxiety or depression (or something else)?
3. Write the words that you need to hear.
4. What does your best day look like?
5. What would you like to be remembered for?
6. Build a list of 15 songs that can help change your mood.

Taken from *Creative Resilience Counseling*

