

Leafy

Break

Practice being mindful of your feelings and take a well deserved break for a bit. It's okay to slow down for a little and appreciate the moment!

Reflect

To make sure you don't forget, jot down your thoughts to look back on later. Reflection can be an important step towards bettering your mental wellness!

Progress

See how far you've come by tracking your reflections and reading past journal entries. Look back on how you've grown ever since starting your journey!

**Everyone's journey will look a little bit different,
but we all start somewhere**

Let's start yours!



Andrew

Jimmy

Joshua

Isaac



Information School
UNIVERSITY of WASHINGTON