CourseMints

JOURNAL

Mental Detox Journal

Daily Prompts and Reflective Exercises

SELF-PACED PDF COURSE

COURSEMINTS.COM

CourseMints

Mental Detox Journal

Daily Prompts and Reflective Exercises

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DISCLAIMER

This journal is for educational purposes only and is not medical advice. It does not diagnose, treat or replace care from a qualified health professional. Talk to your doctor before you change any treatment, medication or care plan, and get help promptly for any symptom that worries you.

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How to Use This Journal

A cluttered mind feels like a desk buried under paper: unfinished tasks, half-made decisions, worries, replayed conversations and other people's opinions, all competing for attention. This journal gives you 30 days of short, guided writing to clear that desk, sort what is on it and decide what deserves space.

How it works

- **10 to 15 minutes a day.** Each day has a short introduction and one to three prompts with room to write. Some days have a little more.
- **Four weekly themes.** Week 1 clears the clutter. Week 2 sorts worries and reframes unhelpful thoughts. Week 3 reconnects you with what matters. Week 4 helps you let go and build habits that keep your mind clear. Days 29 and 30 bring it together.
- **A clarity check.** At the start and end of each day's page, rate your mental clarity from 1 (foggy, crowded, cannot think straight) to 10 (clear, calm, focused). Copy both numbers into the Clarity Tracker. Over 30 days, the pattern tells you what helps.
- **Weekly reflections.** After every seventh day there is a one-page look back.

A few simple rules

1. **Same time, same place, if you can.** Morning works well for clearing the day ahead; evening works well for putting the day down.
2. **Write by hand if possible.** It slows you down in a useful way. A device is fine if it is what you will actually use.
3. **Do not edit.** Spelling, grammar and neat handwriting do not matter. Nobody will read this unless you choose to show them.
4. **Missed a day? Just continue.** Pick up at the next day. There is no catching up and no starting over.

5. **Be honest, and be kind.** Write what is true, then speak to yourself the way you would to a friend.

THE SCIENCE

Why writing helps

Putting thoughts on paper turns vague, looping worries into specific items you can sort and act on. Research on expressive writing, begun by psychologist James Pennebaker, suggests that writing about thoughts and feelings can modestly improve well-being for many people, although effects vary. Structured approaches used in this journal, such as sorting worries by whether you can act on them and examining unhelpful thoughts, come from cognitive behavioral therapy (CBT). This journal is a self-help tool, not therapy.

CAUTION

When to get more help

If you feel low, hopeless or anxious most days for two weeks or more, if writing brings up memories that overwhelm you, or if you have thoughts of harming yourself, please talk to a doctor or mental health professional. In a crisis, call your local emergency number, or in the US call or text 988 (the Suicide and Crisis Lifeline).

Before You Begin

Take five minutes to record your starting point. You will come back to this page in your 30-Day Review.

Date: _____

How often…	My rating (1 = never, 10 = constantly)
my mind feels crowded or foggy	
I replay conversations or events	
I worry about things I cannot control	
I feel behind on everything	
I find it hard to switch off at night	
I feel clear about what matters most to me	

What is taking up the most space in my mind right now?

How would I know, on an ordinary day, that my mind felt clearer?

What I want from the next 30 days, in one sentence:

Clarity Tracker: Days 1 to 15

Copy your before and after ratings each day (1 = foggy, 10 = clear), and add one word that sums up the day.

	Date	Clarity before	Clarity after	One word for today
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				
Day 15				