Journaling — Writing down your thoughts and feelings to understand them more clearly. If you struggle with stress, depression or anxiety, keeping a journal is a great idea. It helps you control emotions and improves mental health.

### Try this journaling prompt:

**10 MINUTES TO PRACTICE BEING YOURSELF**

<table>
<thead>
<tr>
<th>One part of yourself you don’t often share with others:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Two important details that are part of you:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>One thing that keeps you from sharing that part of yourself:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>If you were to share that part more often, one person (or more) you would trust to be supportive of your effort:</th>
</tr>
</thead>
</table>

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**Health Solutions Support Systems Available in Pueblo**

**Are you feeling overwhelmed with anxiety, fear and uncertainty?**

Give Health Solutions a call. Our phones lines are open 24/7/365.

**VISIT**
Health Solutions Crisis Living Room  
1310 Chinook Ln.  
Pueblo, CO 81001

**CALL**
Health Solutions Crisis Services  
719.545.2746

**STATE HOTLINE**
Colorado Crisis Services  
1.844.493.8255

**OR TEXT**
Colorado Crisis Services, text TALK to 38255

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