

The background of the entire page is decorated with large, stylized clouds in two colors: orange and purple. The clouds are layered and overlap, creating a vibrant, bubbly effect.

My wellbeing journal



Young Carers
Bedford Borough



Use this wellbeing journal to write down any thoughts and feelings.

How can this journal help you?

- Release of emotions and make sense of what's going on
- Improve your wellbeing
- Tracking symptoms to help recognise triggers
- Opportunity for positive self-talk
- Organise thoughts and feelings



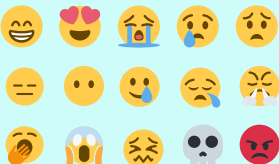
Daily Journal



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Today's Mood



Daily Note

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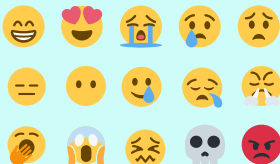
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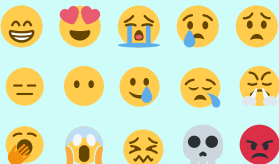
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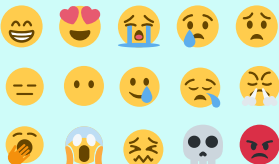
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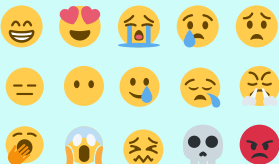
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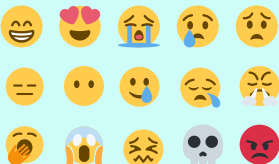
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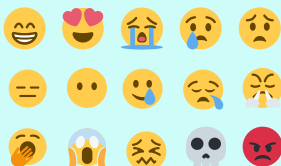
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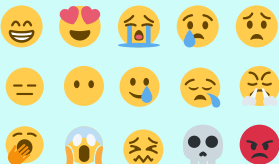
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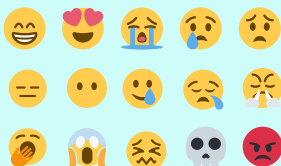
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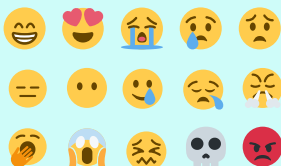
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Your wellbeing journal.

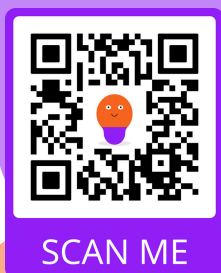
This booklet is filled with prompts to help you with your thoughts and feelings, and support your wellbeing.

We are an experienced charity supporting Young Carers across Bedford Borough.



BEDFORD
BOROUGH COUNCIL

Scan me to visit the
Young Carers website
view more resources



0300 111 1919

www.youngcarersbedford.com

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