SELF-REFLECTION JOURNAL PAGE

Date:

Notes

How to use this page

Reflecting on your learning can help reinforce key insights and support personal growth. Use this journal page to note your thoughts, feelings, and commitments after the course. It can be used after you have used your Mental Health First Aid skills with a helpee/colleague.

What did I learn today that surprised me?

1.

2.

3.

How will I support my colleagues differently after this course?

1.

2.

3.

What strategies will I use to manage my own mental wellbeing?

1.

2.

3.

Wellbeing Pledge

I commit to taking the following action(s) to support my mental health and that of my colleagues: