

Solano County
Behavioral Health Dept.
Wellness & Recovery Unit

Attending this group will
help you to

- ✓ Be able to track exactly how you are feeling compared to how you have felt in previous days
- ✓ Be able to tell your doctor exactly how you are feeling during your appointments
- ✓ Be able to identify when you need help before things spiral out of control
- ✓ Be your own BEST self-advocate

355 Tuolumne Street,
3rd Floor, Room 3121
(Conference Rm B)
Vallejo, CA 94590

Facilitator:
Kerra Harris-Bray

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Recovery/Resilience Liaison
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Free
Journaling
Group

“How Do You Feel
Today?”



If you do not know how to
answer this question, then
this group is for you!



If you do know how to
answer this question, then
this group is also for you!

Tuesdays 4:00pm-5:00pm

BENEFITS OF A DAILY JOURNAL REPORT

- ✓ You have your own history on paper to advocate for you
- ✓ Be aware of how you really feel
- ✓ Learn the names and quantities of your medications
- ✓ Have a visual representation of your state of wellness
- ✓ Have a numerical point of reference for your state of wellness
- ✓ Have a High Score Action Plan
- ✓ Identify negative patterns in time to prevent hospitalization

This Journaling Group Will Teach You How to:

- Choose your daily categories
- Monitor your daily categories using a five-point scale
- Create a High Score Action Plan

Your Journal will look like this:

Example

Date: April 4, 2019

Weight: 160 pounds

Medications: Lithium 300mg 9am

Good Day 1 2 3 4 5 Bad Day

Exercise 1 2 3 4 5

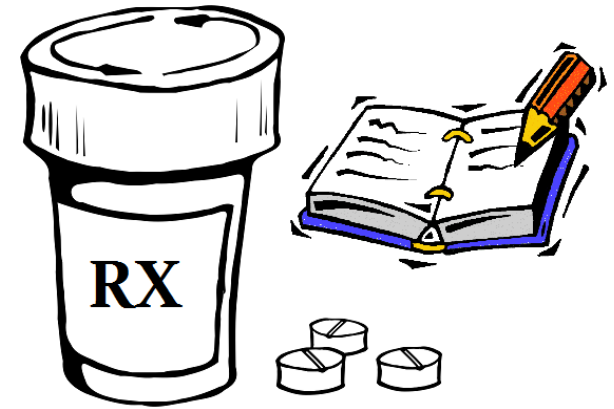
Mood 1 2 3 4 5

Stress 1 2 3 4 5

Relationships 1 2 3 4 5

Score = 8/25 or 32%

A low score is good and a high score is bad.



Why Not Online or Electronic?

You want a document that you can take with you to your appointments and share with your supporters. Electronic sources are cumbersome and may need charging. The best way to do a daily monitoring Journal is to go paper. This way you have a history that you can refer to months and even years later with no risk of data loss.

