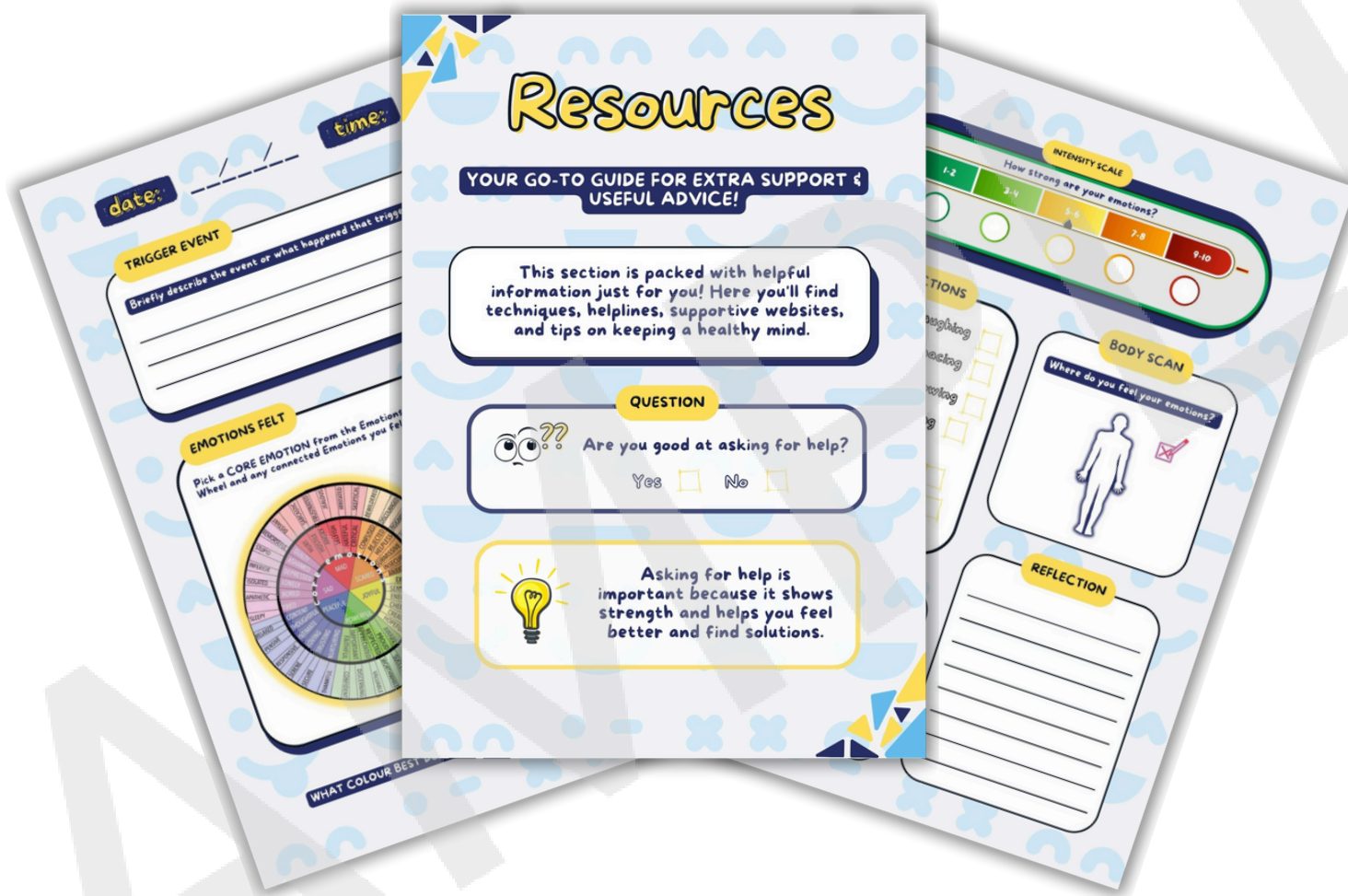


Trigger Diary

**Building Emotional Awareness,
One Page at a Time**



Expertly crafted by a Registered Mental Health Nurse and Clinical Psychologist, this diary is your ultimate tool for emotional growth and well-being!

The Trigger Diary is a journal designed to help young people understand and manage their emotions by tracking their emotional triggers. With guided exercises, an affirmation activity, coping strategies and reflection tools, it encourages self-awareness and promotes emotional resilience.

It provides an opportunity for young people to not only document their intense emotions but also recognize the physical symptoms, helping them understand how their bodies react under stress. By identifying these triggers and responses, they can learn effective coping strategies to handle future challenges in a healthier way.

With the inclusion of an intensity scale, body maps, and daily reflections, the diary offers young people a structured way to explore their feelings.

The Trigger Diary is packed with resources, educational content, and practical tools; perfect for settings where mental and emotional health is essential. Educators and mentors can use this diary as a valuable tool for discussions, helping to foster and support mental well-being in a safe environment.

Contact Us Today!



WWW.VISIONFORALL.CO.UK



INFO@VISION-FOR-ALL.COM



[VISION_FOR_ALL](https://www.instagram.com/VISION_FOR_ALL)



[VISION FOR ALL CIC](https://www.linkedin.com/company/VISION-FOR-ALL-CIC)

