CANNABIS HONESTLY

NEW YORK STATE | Office of Cannabis Management

Rooted in You

Cultivating Wellness Together

This journal belongs to:

This journal is a space for reflection, creativity, and learning.

You can write in it, draw in it, color in it, or use it however you like! There is no wrong way to journal.

Feel free to come back to the pages whenever you want. As you grow, your responses may change, and that's okay.

Inside, you'll find prompts and activities to help you:

- Check in with your thoughts and feelings
- Find ways to handle stress
- Build strong relationships
- Learn more about yourself
- Make thoughtful decisions

You can start anywhere.
Go at your own pace.
This is for you.

"To me, wellness is being able to see myself the same way I see the stars. Something that is able to shine without being scared that her light is too bright. To me wellness means using my light to keep others going. That is what wellness means to me."

-Eliana, 15, Bronx, NY

What is Wellness?

Wellness means taking care of your body and mind so you can feel your best! Wellness includes everything from getting enough sleep and moving your body to spending time with the people who support you.

What wellness IS...

Wellness is caring for your mind, body, and soul.

Wellness is affected by culture and your life experiences.

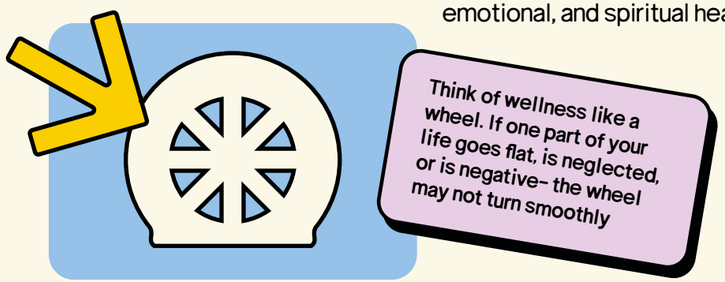
Wellness is making and practicing changes for your mental, physical, emotional, and spiritual health.

What wellness IS NOT...

Wellness is not a one-time effort.

Wellness is not the same for everyone.

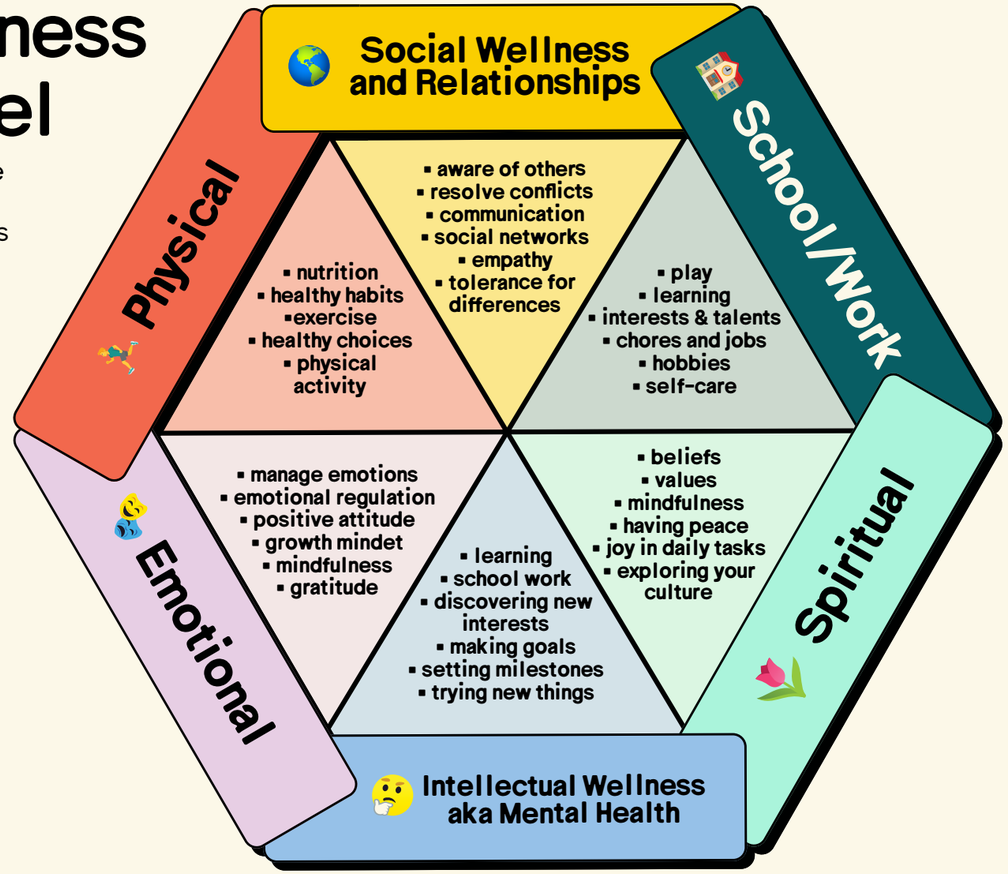
Wellness is not being free of illness or stress.



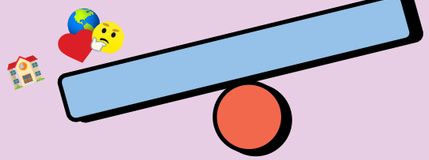
Take a moment to write how you feel about your wellness right now:

Wellness Wheel

Here are some examples of different types of wellness:



Finding Balance



While you may be more focused on one part of your wellness right now, finding balance is key to dealing with life's ups and downs.

On this page, take a moment to write about how your personal wellness wheel is balanced. For each category, try to make a note of:

- Something you are currently focused on
- Something you want to focus on
- How you can achieve your goal

This includes things like:
- How interested you feel in school and/or a job
- Your education and/or career goals

Example questions:
- How do I see myself in school and/or my job?
- How can I create opportunities to find joy through school and/or work?

🌎 Social Wellness and Relationships

🤔 Intellectual Wellness aka Mental Health

🏫 Wellness at School or Work

🏃 Physical Wellness

🎭 Emotional Wellness

🌷 Spiritual Wellness

This includes things like:
- Your sense of belonging in the world
- The meaning and purpose you feel in life
- The comfort you get from community, nature, the universe, and/or some higher power

Example question: In what ways do I (or could I) connect to something larger than myself?

Goal Getters 🎯

Got a goal? Frame it! Fill in the boxes below to help you think about future possibilities! Goals give you something to work towards and keep you motivated and focused.

GOALS CAN BE BIG OR SMALL.
Examples: improve a grade in one class, reduce screen time, or save money

My goal is to...

Steps to reaching my goal. Start at 1 and add as many steps as you need.

Completion Date:

"Strength does not come from winning. Your struggles develop your strengths."

-Arnold Schwarzenegger

Things that will help me reach my goal:

I know I will have reached my goal when:

Vibe Check 😌

Just like tracking your goals, you can also track your emotions. Tracking emotions can help you see patterns and look out for stress or other feelings that may affect your mood.

The grid below is an example of a goal tracker. Choose a habit or emotion to follow, like how well you are practicing self-care or hydrating, or how you are moving your body and staying healthy.

	MONTH 1	MONTH 2	MONTH 3
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
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12			
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"Don't compare yourself to others. Don't compare your path to other people. Your path is your path and you're just going to work as hard as you can."

—Jalen Brunson

Did you know

Digital Wellness is noticing how technology makes you feel and taking steps to use it so that it supports your well-being like limiting your screen time before going to bed.

For more information on digital wellness, visit:

https://bewell.ny.gov/digital-wellness

Tip: Set a goal to find balance with your devices. You could:

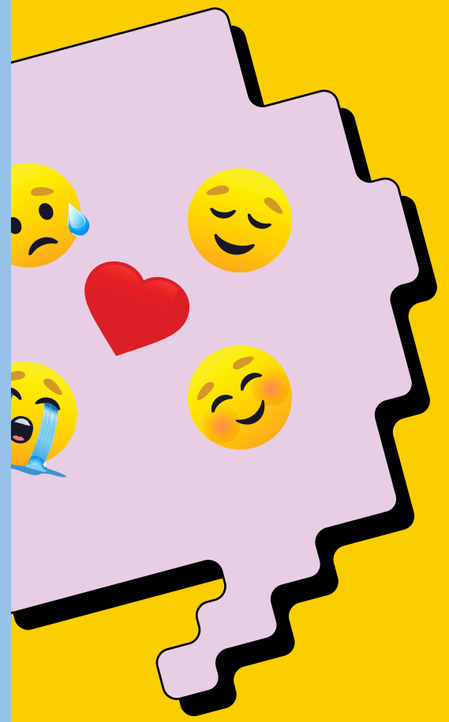
- Track if you limited screen time before you went to bed.
- Create a feed that makes you feel good, curious, or inspired.
- Track emotions that you feel when you aren't using your devices like mad, stressed, meh, happy, or even use emojis.

Create Your Own

Not a fan of the tracker provided?
Use this grid to create your own tracker to track your thoughts and emotions.

Thought Bubble

Are your feelings weighing heavily on your mind? Don't feel pressure to stop thinking about them or change them. All feelings are temporary and may change with time. What feels heavy one day may not feel as heavy the next day. Start small and take a moment to focus on today.



Today's Thoughts

Looking Ahead

Favorite Things

Fun Memories

If you are having intense emotions that feel unmanageable, thoughts of self-harm, or think you are experiencing a mental emergency, seek help immediately. Speak to a doctor, parent, teacher, or trusted adult or you can **call, text, or chat 988 for the Crisis Lifeline.**

Tips for Coping with Big Feelings

DID YOU KNOW?

Stress, anxiety, and other big feelings can activate your brain's alarm, the Central Nervous System.

Consuming substances such as caffeine, weed,or even sugar may make you feel worse or your feelings harder to deal with.

Box Breathing

You can use your finger to guide your breathing.

Breathe in to a count of 4

1... 2... 3... 4...

Hold for a count of 4

1... 2... 3... 4...

Breathe out to a count of 4

1... 2... 3... 4...

Hold for a count of 4

1... 2... 3... 4...

Tip: For more examples and information on breathwork, check out:
https://bewell.ny.gov/using-your-breath

Feeling out of breath?

Maybe breathing isn't helping. You can also focus on what is happening right now in your body and your surroundings. This is called mindfulness. Mindfulness can help soothe a worried mind and shape how you react to stressful situations.

WRITE 3 WORDS ON HOW YOU FEEL RIGHT NOW...

DRAW 4 LITTLE FACES WITH DIFFERENT EXPRESSIONS...

Make Lemonade

Close your eyes. Imagine you are standing beneath a lemon tree:

- **Pick the lemons:** Stretch both hands in the air and grab the lemons from the tree.
- **Squeeze the juice:** Make tight fists and squeeze hard.
- **Take a break:** Throw the lemons on the ground and relax your hands.
- **Repeat:** Until you have enough juice for a glass of lemonade.
- **Relax:** After the last squeeze, throw those lemons and shake out your hands!

5-4-3-2-1 Grounding

Scan using your senses to name:

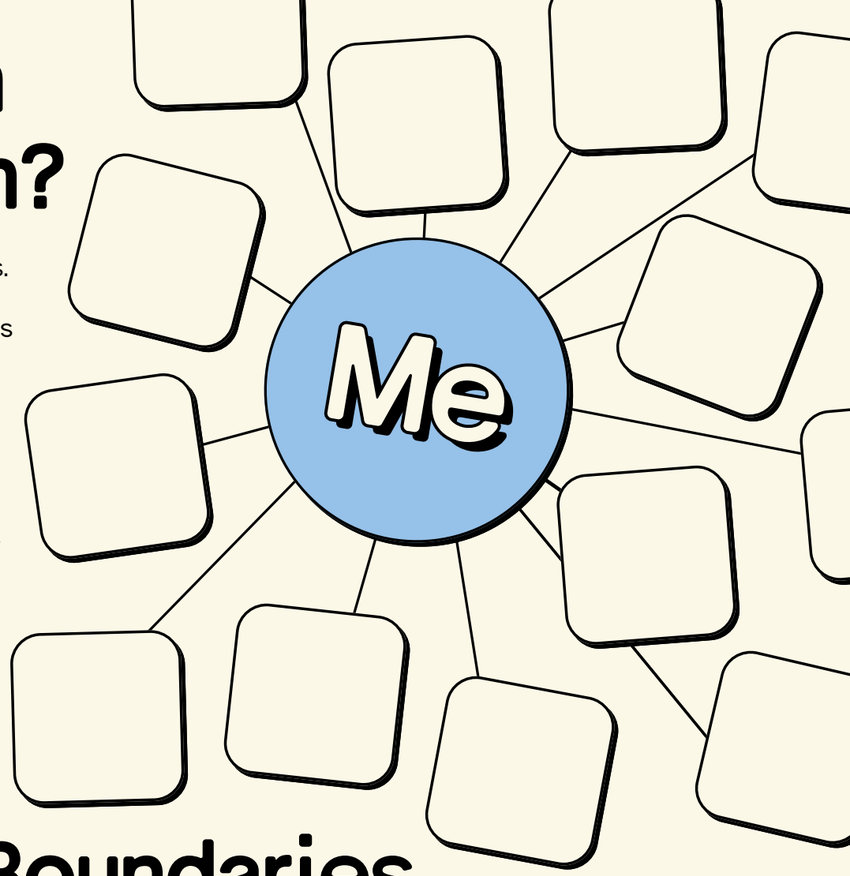
- 5 objects you can see right now
- 4 objects you can feel or touch right now
- 3 things you can hear right now
- 2 things you can smell right now
- 1 thing you can taste right now

Brain Dump

Sometimes the best thing to do is take a moment and write down all the thoughts swirling around in your head. Use the space below to empty out your thoughts. If you don't have words- that's ok! Drawing counts too!

Who Can I Lean On?

We all need support sometimes. Your support network may include the people and activities that help you feel safe during the highs and lows of life. In the empty spaces, fill in names, favorite places, or whatever comes to mind that you hold close. If you get stuck, you can always come back and fill these as you go!



Healthy Boundaries

Boundaries are expectations and needs that help us feel safe and comfortable in our relationships.

Sometimes, it's important to set boundaries to protect our time, energy, feelings, and bodies. They can help us build better relationships with others and ourselves. When you are setting a boundary or when someone is setting one with you, it is important to be respectful, speak honestly, and listen with the goal of understanding.

REMEMBER, **NO** IS A COMPLETE SENTENCE.

Protect your peace without a speech! Boundaries might sound like:

- "I need you to respect what I said, or I need to leave."
- "I have a big day tomorrow and am saving my energy."
- "I'm not comfortable with this. Let's talk about something else."
- "Nah, I'm good."
- "I appreciate your advice, but I'd like to make this decision on my own."
- "As my friend, please respect my boundaries on this."

A boundary I want to practice is

I feel most safe when

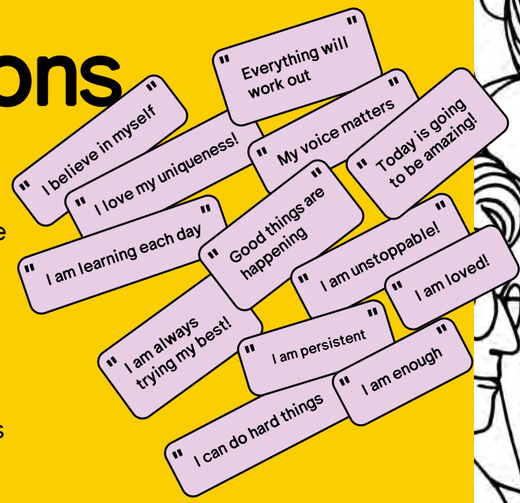
I am uncomfortable when

When I honor my boundaries, I feel

Self-Care Affirmations

Affirmations are simple statements that you say out loud.

You can also say them in your head, like before you start a test or get up in front of an audience. The statement should be something positive that you feel is true about yourself! By repeating your affirmations often, you can overcome negative thoughts.



Affirmations can:

- Decrease stress
- Improve academic performance
- Reshape negative thoughts and feelings
- Encourage openness to change

Think about the things that make you special and write them down as positive affirmations:

I am _____

I can _____

I have _____

I feel _____

I will _____

Complete these sentences with uplifting and positive words:

I'm proud of my ability to _____

People like me because I _____

I'm happy that I can _____

I'm grateful for _____

Try choosing one line from above that you like the most and practice saying it every morning. Come back and reflect on how you feel.

Every morning, I said/tried to say: _____

_____

Saying it made me feel: _____

_____

_____

_____

COLOR ME IN!

Make a feel-good playlist

Music can be a powerful tool for managing emotions, reducing stress, and supporting your overall mental health. Create a playlist that can be your go-to when you need comfort, energy, or anything else. Add songs that come to mind for each mood below. Come back from time to time and update your songs to shuffle up the playlist!

"It's not too late for us to make a difference."

-Olivia Rodrigo

😌 TRACK 1
When I need positive vibes
_____

💔 TRACK 2
When I need to cry it out
_____

🏝️ TRACK 3
Reminds me of vacation
_____

✊ TRACK 4
My hype song
_____

🧘 TRACK 5
When I need to calm down
_____

💃 TRACK 6
Always makes me dance
_____

👨‍💻 TRACK 7
Focus vibes
_____

🎤 TRACK 8
Makes me want to sing loud
_____

🎧 TRACK 9
Favorite beat
_____

💣 TRACK 10
When I'm crashing out
_____

❤️ TRACK 11
All-time favorite
_____

Artwork credit to:
Yassy, 18,
Bronx, NY

On the following page you can build your own story using the words you write in this word bank. Think about your emotions right now. Choose any words you want!

FOR NEXT PAGE!

YOUR CRAZY AD LIB WORD BANK

Fill this out to create your words:

Noun — shape: _____

Noun — something in nature: _____

Noun — music genre: _____

Noun (plural): _____

Food: _____

Place: _____

Noun: _____

Noun: _____

Verb +ing: _____

Your Crazy Ad Lib

Fill in the prompts with your words from the "Crazy Ad Lib: Word Bank" on the previous page. Then read aloud your very own story!

Emotions are like a _____.
(shape)

They come and go like _____.
(noun; something in nature)

Emotions are changing like _____.
(noun; music genre)

They come and go like _____.
(noun, plural)

Emotions are moving through _____.
(food)

Emotions can be felt in _____.
(place)

Noticing what you feel and

They come and go like _____.
(noun)

Emotions can be felt in _____.
(noun)

_____ **can create calm.**
(verb+ing)

Resources For Youth

Need help now?
988 Suicide & Crisis Lifeline
Call or text 988 or chat online at 988lifeline.org
Free. 24/7. Confidential.

Feeling stressed or overwhelmed?
Go to **bewell.ny.gov**
Access quick tools to calm your mind, manage stress, and sleep better.

Worried about substance use—yours or a friend's?
Call **1-877-8-HOPENY** or text **HOPENY (467-369)**
No-cost, judgment-free support anytime.

Greening out or used too much weed? Used it by mistake?
Call the Poison Center for help: **1-800-222-1222**.
Dial 911 if there's a medical emergency.

Interested in learning more about weed?
Get the facts. Make informed choices. Scan QR code or visit:

cannabishonestly.org

FACT

CANNABIS HONESTLY

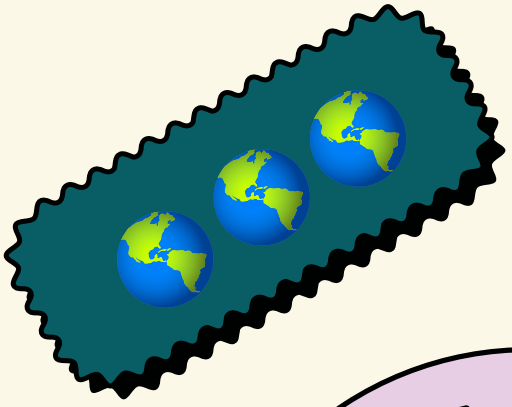
Wellness is caring for your mind, body and soul.

Be calm

MYTH

LET'S FIGURE IT OUT!

Let's talk about it.



I'm curious

Let's get into it

PROTECT YOUR PEACE.