

1. Write yourself a mind unwind page to get all your thoughts onto paper. These could be tasks, notes, or other things.
2. What is left unfinished from last year? Which of these do you want to keep working on in the year ahead?
3. Are you holding onto any guilt or anxiety from things left unfinished? How can you let this go?
4. What things have you done previously that helped you manage your mental health? How can you implement more of those in the year ahead?
5. What thoughts do you often find distract you from your daily life? When are these thoughts most likely to happen?
6. What tasks drain your mental energy? What tasks replenish your mental energy?
7. When you are mentally overwhelmed, are you more likely to withdraw from or connect with others? What effect does this have?
8. Write a weekly mental digest to review the happenings from the week gone. What thoughts and feelings do you want to leave behind as you move into next week?
9. What’s a memory you keep coming back to that makes you feel negatively? How can you give yourself grace regarding this?
10. What’s something that requires a lot of your mental energy? How can you make this easier?
11. Which areas of your life give you the most mental unrest?
12. What boundaries would be beneficial to include in your life to protect or preserve your mental energy?
13. What is an area of your life that doesn’t often cause you mental unrest? What about the way you handle this area helps make it less stressful?
14. What factors contribute negatively to your mental clutter? How can you mitigate the effects of these?
15. Write a weekly mental digest to review the happenings from the week gone. What thoughts and feelings do you want to leave behind as you move into next week?
16. How much of your mental unrest comes from the opinions of others? Do their opinions matter?
17. What regular decision-making situations do you often find difficult? How can you make these easier?
18. Set a timer for 10 – 20 minutes and let your thoughts flow onto the page. Write whatever your brain wants or needs to talk about at the time.
19. What has been stressing you out recently? Is the situation within your control to change?
20. What items on your to do list have been weighing on your mind?
21. Is it more mentally unsettling for you to have projects that haven’t been started, or projects that haven’t been finished?
22. Write a weekly mental digest to review the happenings from the week gone. What thoughts and feelings do you want to leave behind as you move into next week?
23. What aspects of your physical environment contribute to your mental clutter? What and when can you do something about this?
24. What actions do you default to in your free time? Do these help support your mental health?
25. Which of the cognitive distortions are you most susceptible to? How can you more readily notice this moving forward?
26. When you start feeling mentally overwhelmed, how do you typically respond? Does this help you manage your overwhelm, or feed it?
27. What’s an energy-draining task that you can let go of or delegate to someone else? How would this benefit you?
28. Write a weekly mental digest to review the happenings from the week gone. What thoughts and feelings do you want to leave behind as you move into next week?
29. What can you do you routinise your mental decluttering?
30. How are you planning to continue or support your mental health in the month ahead?
31. Which of the questions from this list have been most helpful in supporting your mental health? How can you reflect on them more regularly?