WYLDE COLLECTIVE

modern mental healthcare for all

Mental health is like physical health.
No one avoids occasional illness.
Whether you don't feel your best emotionally at this time
or you want to better understand the
habits that will help your mental immune system
strong enough to prevent future illness...
we're ready when you are.

845-500-8363

MAGGIE@WYLDECOLLECTIVE.COM

@WYLDE_COLLECTIVE

WWW.WYLDECOLLECTIVE.COM

WYLDE_COLLECTIVE

INTO THE WYLDE

JOURNEY INTO YOUR MIND
AND LOG YOUR ADVENTURES



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This page ends here, but your story is still unfolding.

See you in the next chapter....

Welcome to your space to breathe,
reflect, and come home to yourself
This journal is designed to be your companion——
a place to slow down, untangle your thoughts, and learn
practical ways
to shift from spiraling to grounded.

Through these prompts, you'll:

- Build awareness of your triggers and patterns
- Learn how your body signals stress (& how to soothe it)
- Practice self-compassion instead of self-criticism
- Find new ways to set boundaries & reclaim your energy

This is not about forcing positivity. It's about finding clarity,
reconnecting with your own inner compass, and remembering that
you deserve peace, rest and joy.
Take it one page at a time. Take it at your own pace. And
above all, take it as proof: you're showing up for yourself
——and that's so badass.

♡ Wylde Collective

Grounding Reset

Return to this page when you feel overwhelmed....

- Breathe → Inhale 4, hold 2, exhale 6 (x3)
- Look around → Name 5 things you see
- Feel → Touch something solid near you
- Remind yourself → "I am here. I am safe. This will pass."

That's it. One minute, and you've told your nervous system: we're okay.

What thoughts keep circling in your mind lately? Write them down —then ask, "Which of these are facts, and which are fears?"

Where in your life do you feel the most "stuck"? What's one small step you could take to loosen that place?

What small, sustainable step could you take this week toward something you've been putting off?

Finish this sentence: "I feel most alive when I..."

Write down your top 3 priorities in life right now. Do your daily actions match them?

If fear wasn't part of the equation, what goal or dream would you go after?

What emotion have you been avoiding, and what might it be trying to tell you?

When do you feel most like your true self—what are you doing, and who are you with?

What beliefs about yourself are no longer serving you?

Write a letter to yourself from the perspective of someone who loves you unconditionally. What do they want you to know?

What is one habit or practice that always helps you feel grounded?

Imagine your future self 5 years from now. What do they thank you for starting today?

Describe a time you bounced back from burnout or stress. What helped you recover?

What boundaries do you need to set (or re-set) to protect your energy?

Think of one thing you usually criticize yourself for. How could you rewrite that inner script with compassion?

List five ways your younger self would be proud of the person you are now.

What does "rest" look like for you when you're honoring your needs?

Finish this sentence: "If I gave myself permission to take up space, I would..."

Write about a past challenge you thought you couldn't handle—but did.. What strengths did you use then?

What does resilience mean to you personally (not society's definition)?