

# Calm.

A Journal for Myself



P K P O N I A H

This book contains my personal thoughts  
and reflections.

Please close it if it does not  
belong to you!

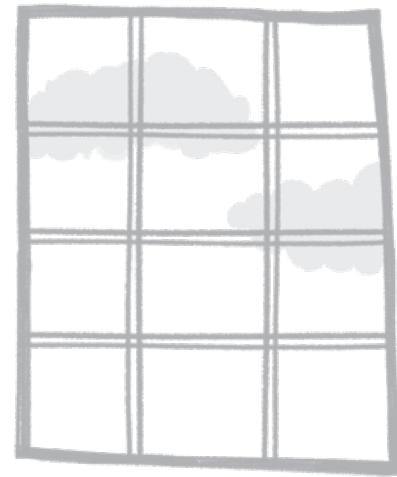
If found, return to:

Name: \_\_\_\_\_

Mobile no. : \_\_\_\_\_

# Calm.

A Journal for Myself



P K P O N I A H



**EPIGRAM**  
SINGAPORE · LONDON

Copyright © 2020 by PK Poniah  
Cover design by Diane Lim

All rights reserved  
Published in Singapore by Epigram Books  
[www.epigram.sg](http://www.epigram.sg)

National Library Board,  
Singapore Cataloguing-in-Publication Data

Name(s): PK Poniah.  
Title: Calm : a journal for myself / PK Poniah.  
Description: Singapore : Epigram Books, [2020]  
Identifier: OCN 1190665471  
ISBN: 978-981-48-4581-6 (paperback)  
Subject(s): LCSH: Teenagers—Mental health. I  
Diaries—Authorship.  
Classification: DDC 158.1—dc23

The material in this book is intended for education.  
It is not meant to take the place of diagnosis and treatment  
by a qualified medical professional or therapist. The author  
and publisher accept no responsibility or liability whatsoever  
and howsoever arising from or in connection with  
the contents of this guide.

First edition, October 2020.

If this is your journal,  
congratulations!

You have taken a huge  
first step to *SELF-CARE!*




Self-care: The practice of taking an active role  
in protecting one's own well-being and happiness,  
in particular during periods of stress.

## AUTHOR'S NOTE

In my practice, I help my clients find solutions in the present, and explore hope for the future to discover resolutions to their problems. The feedback they gave me was that it was very useful for them to identify times in their lives when things matched more closely with the future they prefer. This can be done by simply observing the differences and similarities of different occasions, to be aware of small successes, and to repeat their successful choices and behaviours.

This, I feel, can also be done through journalling. The benefits of journalling for mental wellness have been extensively published. While journalling allows pent-up frustrations to be released, it may have the potential to worsen your mood if it is an unguided process. With this book, I intend to address this potential risk by providing tips, knowledge and a simple guide to help you navigate through the challenges you might face so that you can take an active role in protecting your own well-being and happiness. This book is not meant to be a textbook on self-care. Rather, I hope for it to be another tool that will be helpful in addressing the complex issue of mental health, and that it helps anyone considering journalling as a go-to form of expressing themselves as they journey through the trials and tribulations that life brings.



GETTING STARTED

## WHAT IS JOURNALLING?

Journaling and expressing your thoughts in the form of drawings create a habit for validating strengths and identifying challenges. This outlet enables you to develop social and emotional strengths.

In this safe place, you may be more assured of privacy and feel more confident to release pent-up emotions by expressing your ideas, thoughts and feelings openly and without fear of criticism. You may also develop ways to build a buffer between these negative thoughts and the sense of well-being.



There are many benefits to journaling, such as enhancing mental health and improving emotional intelligence. Writing down your thoughts and feelings can also be a form of self-care.





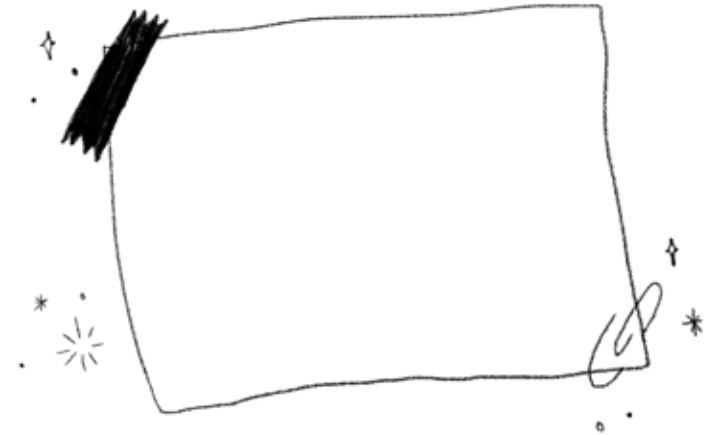
## WHY SHOULD I JOURNAL?

While journaling provides an outlet for the release of pent-up frustrations, you must be mindful not to let it worsen the situation, especially if it is not carried out appropriately.

In this book, you will find a simple and solution-centred approach to journaling that can help you develop and reinforce a sense of hope and optimism, facilitating your growth as a self-directed problem solver.

It helps you keep track of the many things that you can do to achieve your goals. Use this book to record your thoughts and feelings. Revisit these at any time to reflect and make sense of what was or is happening.

Keeping this journal is a reminder that you are in control of your life and are committed to making things better for yourself.



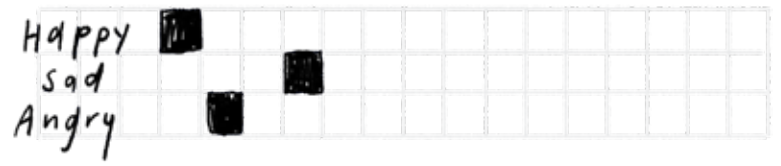




MONTH  
**JAN**

- ✓ Buy Mum's present
- Finish studying for SS
- 
- 

Mood Tracker ——— ★ . . .



	MON	TUE	WED
- Math tuition every SAT is			
	7		
- Project work due on 12th	14	15	16
	Zahra's BDAY		22
	26	27	28

THUR	FRI	SAT	SUN
3	4	5	6 *
10 *			13
17	18	19	20
23	24		
29	30	31	

DATE: 17 Jan



Dear Journal,

I'm so happy! All my Sec 2 friends are now in the same Sec 3 class. And best of all, the coolest student in school, A, is also in this class! Things couldn't be any better.

Zahra and Hazel, my two best friends, choped a seat for me during recess and all we could talk about was A. Zahra said we MUST get her to join us for recess.

Just then, A walked by and asked if she and her best friend Suraya could join us! Never in my wildest dreams would I have expected such a thing to happen—the most popular girl in school and her best friend wanted to join OUR group.

Zahra quickly scooted over to make space. I was too stunned to do anything!

A asked what we were talking about. Hazel sheepishly replied, "Nothing!"

I was still too stunned! I could feel myself blush.

A asked if we wanted to go for the movies this weekend. Of course we did! Me, the class reject, hanging out with A! That's not possible.

Zahra suggested Saturday evening. AND she added, "It's a date!"

We all burst out laughing just as the school bell rang to drown out the embarrassing moment, thank goodness!

I'm so excited and looking forward to the outing this weekend.

This is going to be a great year!



## Important to Note:

This guide is not intended as a substitute for clinical advice. The reader should consult a professional in matters relating to his/her mental health, particularly when there are symptoms that may require diagnosis or medical attention.

## USEFUL TIPS

## \* ✦ IS IT OKAY TO BE ANGRY?

Anger is a normal response when expressed appropriately. It's an outlet to relieve stress and frustration, after all. But when anger is expressed through blame and aggression, it can be a destructive force.

If you think or feel that someone else is responsible for your frustration, you might consider it valid to act aggressively. It may be helpful to be alert to such situations. Bear in mind the following points:

1. You are responsible for your own life.
2. Clarify your thoughts and feelings.
3. If thoughts and feelings are in conflict, try to seek ways to reconcile them.

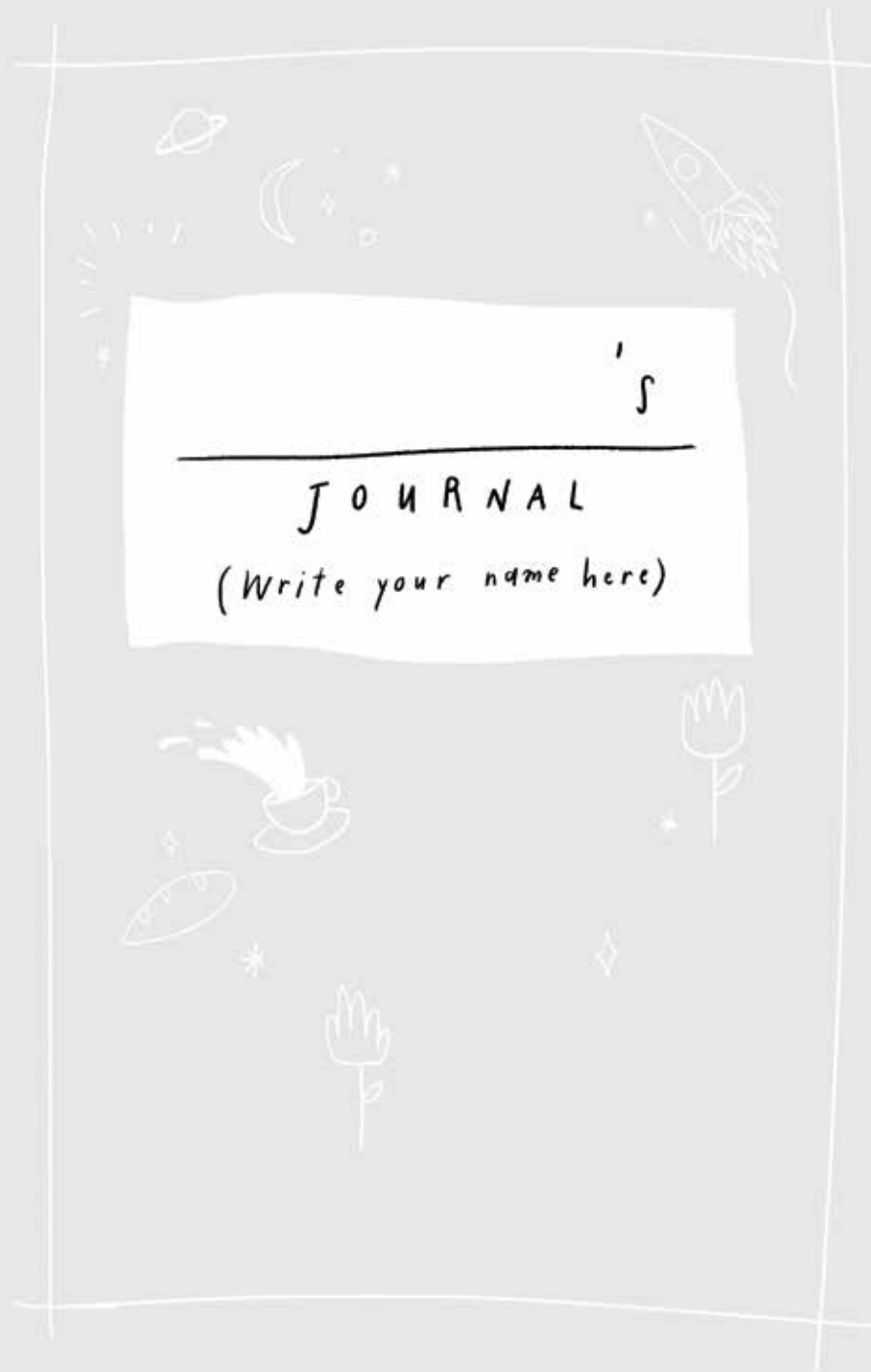
Don't blow up! Use this journal to deal with the anger. You can also consider letting off steam by exercising, or sharing your thoughts with someone close.



## LIMITS OF SELF-HELP

While journalling brings with it many benefits, one must be mindful that it is not a miracle solution to all conditions related to mental health. This guide aims to provide assistance in the journalling process and is by no means prescriptive and/or exhaustive in its content.

It is important to note that the information imparted in this journal is not meant to provide emergency help. If you need immediate assistance, contact a responsible adult or a professional. Should you or someone you know need help in managing mental health issues, reach out to the Samaritans of Singapore at 1800-221-4444.











CONGRATULATIONS!  
YOU MADE IT TO THE  
END OF THE JOURNAL!





## ABOUT THE AUTHOR

PK Poniah has a Masters in Guidance and Counselling and many years of experience working closely with teenagers and youths who face challenges in different areas of their lives, such as academic studies, peer and family relations, and mental health.

“This journal gives us an opportunity to distil what’s important and what’s not; it helps us have a conversation with our mind that gives clarity in our choices on this journey of life.”

—Anthea Indira Ong, author of *50 Shades of Love*,  
mental health advocate, Ex-Nominated Member of Parliament

**Put down your phone and pick up a pen.  
Flip open these pages and fill them up  
with your daily thoughts. Make a change.  
Start with yourself. This is your journey  
to self-care, so let it begin here.**

“With the many demands on our daily lives, journalling allows us to slow down, reflect and discover what works for us.”

—Dr Delphine Koh, Principal Psychologist (Clinical),  
REACH (East), Department of Psychological Medicine,  
KK Women’s and Children’s Hospital

“Journalling is a great friend and potential comforter—a ‘comfort blanket’, if you will—that is uniquely mine and which will see me through the good times and the not-so-good times.”

—Dr Geoff McNulty, Senior Lecturer in Education  
(Guidance and Counselling), James Cook University

NON-FICTION

ISBN-13: 978-981-48-4581-6



9 789814 845816

[www.epigrambooks.sg](http://www.epigrambooks.sg)