

Journaling

Journaling has become very popular recently and is a great way to look after yourself mentally, emotionally and physically; and you don't even have to be good at writing to do it well. Just do what works for you!

Journaling is simply recording your thoughts and feelings to become more self-aware; show gratitude; set goals, etc. and there are loads of benefits too:

- Strengthens your immune system and leads to better physical health
- Improves emotional intelligence (the ability to perceive and understand emotions)
- Soothes anxiety and increases feelings of calmness
- Promotes individuation (the maturing of the self/identity)
- Enhances mental health
- Reduces symptoms related to panic
- Increased self-awareness, self-understanding, and self-compassion
- Improves your ability to communicate with others
- Increases happiness 😊
- Promotes mental clarity and problem-solving skills
- Helps you to deal with stress and intrusive thoughts more effectively
- Increases creativity
- Improves your work efficiency
- Can help to improve your IQ
- Promotes emotional, mental and physical healing

How To Start Journaling – Top 10 Tips

- 1) Choose a platform – physical journal; app such as Evernote, Microsoft OneNote; Word document, etc
- 2) Keep your journal private – don't share it on Social Media!
- 3) Password Protect – If using technology many apps have this option; or get a good old' fashioned lock and key!
- 4) Don't worry about SPaG – this isn't going to be marked
- 5) Set a time of day to journal – make it a habit
- 6) Take as long as you need
- 7) Write what comes to mind – be self-reflective, especially on positive things; and as it's private, these can be your deepest thoughts and feelings
- 8) Re-read what you have read and highlight key parts that have stood out to you
- 9) Enjoy it!
- 10) Use the questions below to get your started:

- ✓ How am I feeling today?
- ✓ What is an issue I'm facing?
- ✓ What can I do about my most recent problem?
- ✓ What spiritual lesson is hidden in a difficult situation I'm facing?
- ✓ What thoughts are triggering my current feelings?
- ✓ Why do I keep having these thoughts?
- ✓ What was the message hidden in last night's dream?
- ✓ What do I feel the need to change or improve about myself? (And why?)
- ✓ Am I being self-compassionate?
- ✓ Am I seeing the entire picture?
- ✓ How am I being dishonest with myself or others?
- ✓ In what ways can I be more mindful?
- ✓ What mistaken beliefs am I buying into?
- ✓ What is my plan of action to achieve my goals?
- ✓ What setbacks and obstacles am I facing?

Happy Journaling