

## Journaling

Have you heard of Journaling?

Journaling is a really powerful tool and is a great way to check in with ourselves.

It is a great way to release what is going around in our head, and once it's out of our head, we can look, explore, reflect, and challenge our thinking.

This is way better than getting stressed out, distracted and feeling chaotic with all the thoughts going around about different experiences and situations.

Journaling is an activity that will enhance your well-being, improve your mood, help you to feel calmer, more centred and more in control. As well as increase your motivation and productivity levels.

When we journal we engage whole-brain activity, ensuring that we are thinking things through logically, with reason and as thorough as possible. It allows us to reflect on situations and our thoughts, feelings and behaviours, to see things differently, more objectively and helps us to feel more confident.

Being able to ask ourselves reflective questions at times of difficulty is an excellent way to help us to entangle our emotions and re-engage our logical mind, reducing anxieties.



There are many ways to journal, but I suggest if it is something new to you, you start off with simply beginning to write down what you are thinking/feeling. I call this a Brain Dump.

Brain Dumping is simply the act of dumping all the 'stuff' in your mind onto a sheet of paper / notepad /computer file. You take a pen to paper and literally dump all the stressors, nagging thoughts and annoyances out of your head to the paper.

Within this section there are a number of journal prompt PDFs for you to access and use. I recommend journaling with each journal prompt provided for at least 4 weeks per journal prompt PDF, longer if possible. Make journaling one of your daily positive habits that you bring into your life for years to come.

Give it a Go

Tips for journaling

1. Buy a notepad (a nice cheap one from a local shop will be great to get started with.)
2. Make the decision to journal once a day.
3. Begin to write down your thoughts and feelings at the end of everyday.
4. Read over it then lay the book down to rest.
5. Stay consistent, keep up your journal writing every day.
6. Journal at the same time and in the same place every day
7. Choose a space to journal that is quiet, where you won't get distracted or disturbed.