

Mindful Journalling:

Creative journalling can help you to express yourself, it enables you to explore your own thoughts and feelings in a personal and safe way. Journalling can improve mindfulness, lower stress and anxiety and help de-clutter a busy mind by slowing you down and enabling you to stop ruminating.

There is no wrong way to journal, it can be done the traditional way with pen and paper or on any digital device.

You can simply write a stream of words as they flow from your mind- and concentrate on not making meaning of them- but just write them down or you may prefer trying to order them in a poem or narrative for yourself to reflect back on at a later date.

You might prefer doodling, or drawing images or colours as you feel led- there are no rules!

If you are new to journalling- try a few different ways to find the one which feeds you best.

To get you started- spend some time thinking about 1 of the below- and see what develops..

What am I thankful for?

What is occupying my mind the most just now?

What do I need to let go of today?

What gives me the most joy?

Where do I find peace?

What do I hold close?