

WELLNESS PRACTICE

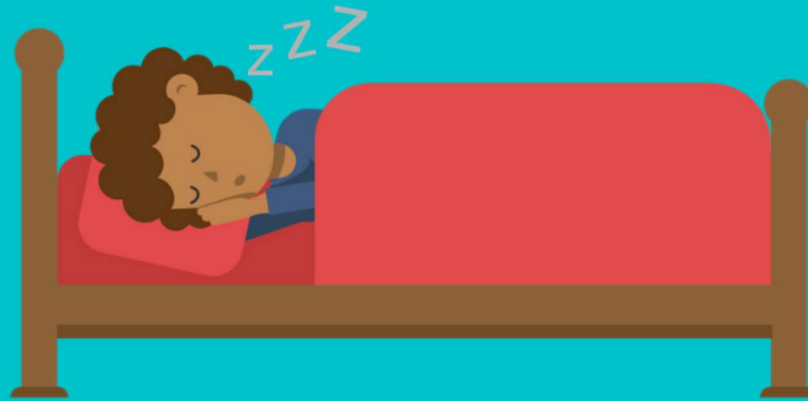
JOURNALING

WHY DO IT?



**JOURNALING IS A GREAT WAY TO CHECK
— IN WITH YOURSELF AND PROCESS HOW
YOU'RE DOING MENTALLY,
EMOTIONALLY, AND PHYSICALLY.**

HEALTH BENEFITS



**STUDIES SHOW THAT JOURNALING
LOWERS ANXIETY AND STRESS,
GENERATES CREATIVITY, IMPROVES
SLEEP, AND HELPS YOU PROCESS THE
WORLD AROUND YOU.**

HOW TO BEGIN

THIS CAN BE THE HARDEST PART!

1. FIND A JOURNAL OR EMPTY NOTEBOOK TO WRITE IN. YOU CAN EVEN USE A SINGLE SHEET OF PAPER.

2. GRAB YOUR FAVORITE PENCIL OR PEN.

3. FIND A COMFORTABLE PLACE TO SIT OR LAY DOWN WHILE YOU WRITE.

MAKE IT WORK FOR YOU



JOURNALING SHOULD NOT BE A SOURCE OF STRESS. FIND A RHYTHM THAT WORKS FOR YOU! WRITE WHEN YOU FEEL MOVED TO OR MAKE IT A CONSISTENT PRACTICE BY WRITING AT THE SAME TIME EVERY DAY. PAY ATTENTION TO THE TIME OF DAY WHEN YOU'RE THE MOST CLEAR-HEADED OR CREATIVE. WRITE FOR AS LONG AS IT FEELS GOOD TO YOU.

PLAY WITH FORMAT

EXPRESS YOURSELF HOWEVER YOU SEE FIT!

- WRITE A PARAGRAPH
- WRITE 1 SENTENCE
- MAKE LISTS
- USE BULLET POINTS
- SKETCH
- WRITE POETRY
- ETC.

THERE'S NO SUCH THING AS A MISTAKE
WHEN YOU'RE JOURNALING. YOU DON'T
NEED PERFECT GRAMMAR OR SPELLING.

SAMPLE PROMPTS: QUESTIONS

- 1. WHAT ARE YOU HOLDING RIGHT NOW
AND HOW IS IT IMPACTING YOUR
MIND, BODY, AND SPIRIT?**
- 2. WHAT ARE YOU GRATEFUL FOR IN THIS
MOMENT?**
- 3. WHAT IS AN ACHIEVEMENT THAT
YOU'RE PROUD OF?**
- 4. WHAT DOES SELF CARE LOOK LIKE TO
YOU?**

SAMPLE PROMPTS: LISTS

1. NAME 5-10 PEOPLE, PLACES, OR THINGS THAT BRING YOU JOY.
2. WRITE DOWN 5-10 PEOPLE, PLACES, OR THINGS THAT HELP YOU FEEL CALM AND GROUNDED.
3. MAKE A LIST OF SONGS OR LYRICS THAT INSPIRE YOU OR PUMP YOU UP.