

A Coping Tool for You

Journaling is one of the most recommended coping mechanisms for managing anxiety. However, it is also one of the most underused tools. Negative emotions are overwhelming and while journaling may not completely solve the problem, it can help free up mental space and allow you to track symptoms, understand triggers, and see patterns. Journaling can also help pin-point exactly what makes you feel better.



So how does one go about journaling for anxiety?

Here is a prompt of questions that may assist you in digging deeper and identifying necessary coping mechanisms...

- *What happened? What was said, exactly?*
- *When did this happen?*
- *If a large amount of time has passed - why are you now deciding to address it?*
- *Name all parties involved and the specific parts they played. (Include yourself as well.)*
- *What was your initial response when this happened?*
- *What emotions did you display when this occurred?*
- *What were your exact thoughts at the time of the event?*
- *Has this happened more than only once? If so, what was different during this time?*
- *Which lessons can be learned from this experience?*
- *How do you feel in this very moment?*
- *Do you truly feel loved? (If yes, why? If no, why not?)*
- *How do you feel about your life as it stands now?*
- *Do you consider yourself an emotionally healthy person? (If yes, why? If no, why not?)*
- *Are you content with being yourself or do you feel pressure to become someone else?*

There is no right or wrong way to journal. Do whatever works best for you and feel free to reformat these questions in a way that suits you best. By putting your thoughts on paper, life can begin to feel more manageable. It also helps cut down on the negative thoughts that sometimes surface when we deal with anxiety.

Sincerely,

Del Norte Healthcare District Board of Directors

Kevin Caldwell, M.D.

Michael Young

Elizabeth Austen

Tonya Pearcey, R.N.

Juan Santillan

Source:

<https://nami.org/Blogs/NAMI-Blog/January-2019/How-to-Use-Journaling-as-a-Coping-Tool?fbclid=IwAR3r0-77sOgCxJ45Q9S6gviA0nMtKMB8OcGQtyJxdIYdVNSEezPfqKA0XOE>
