

**WELLNESS WEDNESDAY**

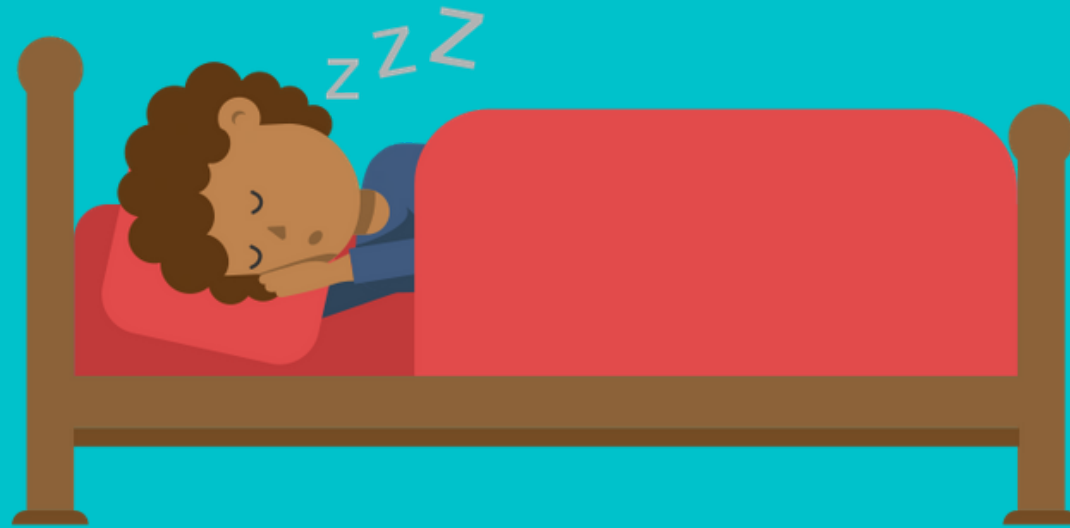
**JOURNALING**

# 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.**