

WELLNESS PRACTICE

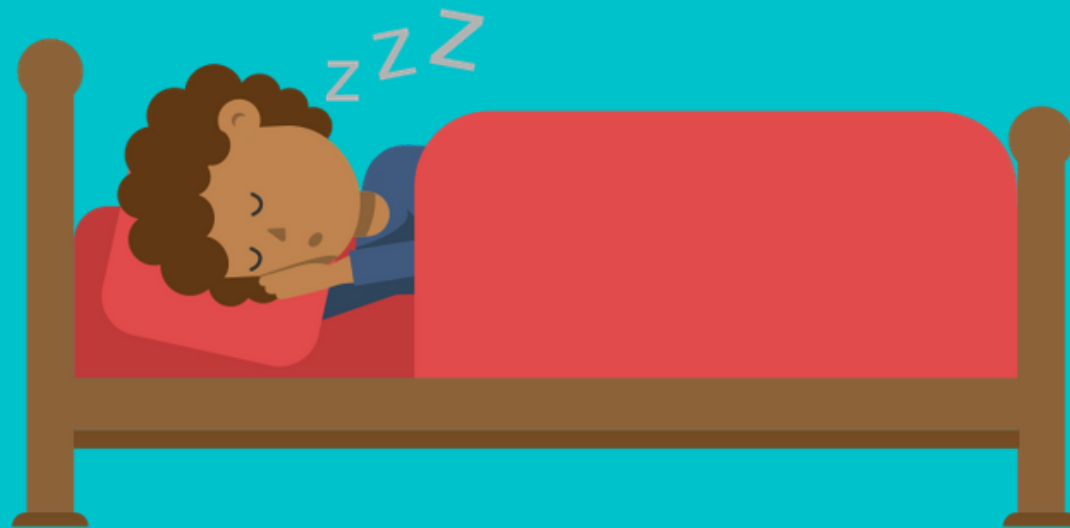
JOURNALING

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.