

JOURNALING: WRITE YOUR WAY TO EMOTIONAL CLARITY



How Does it Help?

Journaling isn't just about keeping a diary, it's a mindful act of self-expression. When you write, you untangle emotions, slow your thoughts, and listen inwardly. Even a few sentences a day can reduce stress, help regulate emotions, and make room for calm awareness.

5 Ways to Journal	
Free Writing	Write without stopping or censoring and let thoughts flow naturally.
Prompt Journaling	Start with a guiding question or theme.
Art Journaling	Combine doodles, collage, or watercolor with short reflections.
Gratitude Notes	End your day by naming three small things you're thankful for.
Emotion Tracking	Label feelings daily and watch how they shift with time.

Try These Prompts!

1. What emotion has been sitting with me lately? What might it be trying to tell me?
2. When did I last feel truly at ease and what helped create that feeling?
3. What do I need more of right now?
4. What am I holding onto that's ready to be released?
5. What's something I can do to be kinder to myself this week?

