



Journaling for Your Mental Health and Wellness

Journaling Can Help



Manage Anxiety



Reduce Stress



Process Emotions

Tips for Journaling

1. Write Often

Try to set aside 15-20 minutes each day to write in your journal.

2. Keep it Handy

Keep your journal and pen with you so you have them ready.

3. Freewrite

Write whatever feels right. Don't worry about structuring your writing in a particular way.

4. Write for Yourself

Remember it is your journal. You don't have to share it with anyone.

The Benefits of Journaling



When faced with a disaster, those working in the thick of it can experience high levels of stress. Stress reactions tend to involve tension, anger, anxiety, depression, mental fatigue, and sleep disturbances. For some, journaling or expressive writing can alleviate the negative stress and support an improved mental health when faced with difficult circumstances. Research has shown that writing about these events can allow an individual to better emotionally and cognitively process, especially in times of disaster. Writing in a private journal can allow for one to clarify his or her thoughts and feelings to better process a stressful situation, as well as express emotion.

Even in times of lowered stress, journaling can be a beneficial tool to add to your self-care routine. Having a journal to write in provides a space where you can express all of your thoughts and feelings without fear of judgment from others. By writing often, you are able to better reflect on your life and gain greater self-awareness.