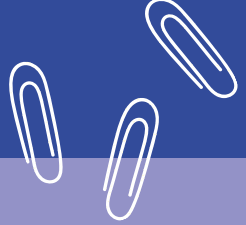
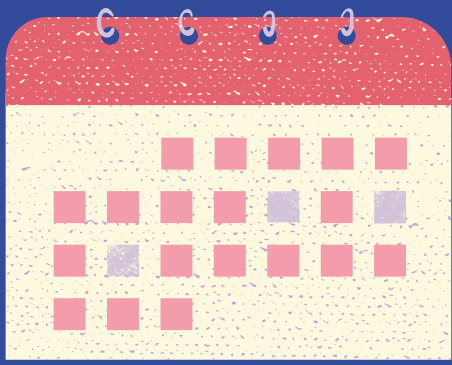


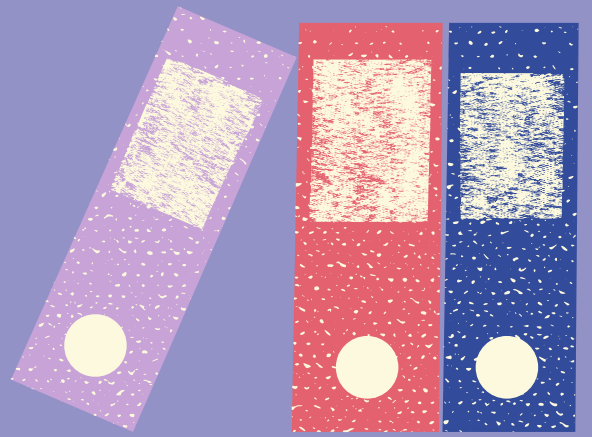
7 BENEFITS OF THERAPEUTIC JOURNALING



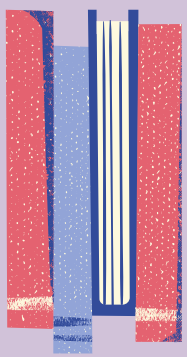
Moves you towards your goals



Helps you clear your head of negative thoughts



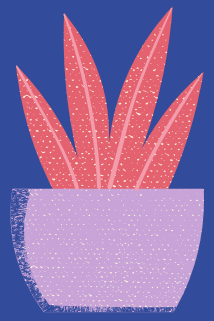
Boosts your mood & reduces stress



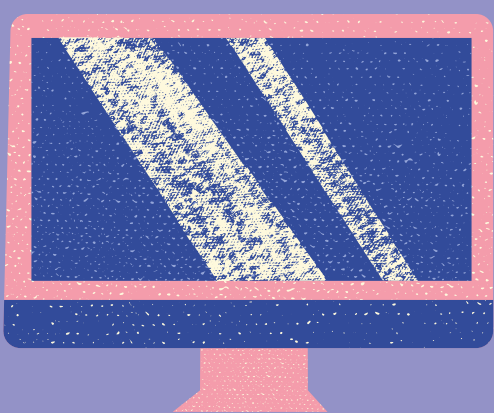
Improves your memory and organizational skills



Allows for self-reflection & creates self-awareness



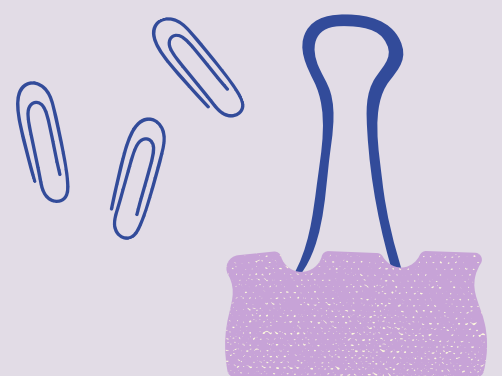
Helps you recognize patterns in thoughts, feelings, or behaviors



Enhances your overall sense of well-being



Therapeutic journaling is more than simply writing down some words on a page. It involves being honest with yourself about your thoughts, feelings, behaviors, and goals. Journaling can be helpful if you are experiencing symptoms of common mental health challenges, such as anxiety, stress, depression, grief, or major life transitions.



HOW TO START JOURNALING

W

What topic is most important right now?

R

Reflect on how you're feeling/what you're thinking.

I

Inspect how your body is responding to your thoughts, feelings, & situation.

T

Time yourself to write for at least 5 minutes.

E

Exit by re-reading what you wrote & reflecting on the journaling experience.