

Tips for Journaling



Feeling stuck or having writer's block is often what stops us from journaling. If you are thinking that you would like to journal but don't know where to start, the following prompts might help.

Journaling Tips

- Remember, journaling is intended to be a safe space to work through thoughts and feelings unfiltered.
 - Put aside perfectionism — it's tempting to go back, edit, or re-state what you were previously saying, but journaling doesn't need to be perfect.
 - Create a routine around it (i.e., taking 15-20 minutes at a certain time each day).
 - Be patient and compassionate with yourself — skipping a day or two or finding yourself overthinking happens. Like any skill, it takes practice and time.
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What thoughts are taking up space in my mind right now?

Example: I've had a lot taking up space in my mind, but ultimately been thinking about how stressed and overwhelmed I've been. I've been thinking frequently about how much I have to get done and no matter how much I do, there's always something else to do. But overall I feel lazy because I find myself feeling stuck instead of being able to do something...



What am I feeling in my body today? Why do I think this is happening? Did something happen that has caused this?

Example: Today I've been feeling hot/tingling in my body and my muscles have been so tense. I think this may be because of how stressful my day has been. I had a big meeting at work to go over progress and I get anxious speaking in front of groups of people...

What is overwhelming me right now? What can I do to address it?

Example: Life in general feels overwhelming. I haven't been sleeping well or prioritizing myself because I feel drained from the stress. Maybe to address it, I can start by working on taking care of myself so I can have the energy to see if I can find ways to minimize/manage my stress...



Is there something that happened recently that I need to give myself some compassion for? What happened, how did it make me feel, and how have I been coping with it? How will I try to be compassionate to myself going forward?

Example: I recently got into a fight with someone I care about and I've been really hard on myself about it. We both said things we didn't mean, but I was so hurt that I lashed out. And honestly, I'm still a bit hurt by what they said to me. I have not been coping well, I know I've been avoiding them. I also know I need to forgive myself for what I said, it doesn't take it back, but at least I can move forward...

What am I thinking about lately that I don't feel ready to talk about, but would feel better expressing in some other way?

Example: I've been noticing small behaviours coming up in my day and how I interact with others and the world around me. I think it comes from my childhood as I can see it reflected in how I act now...



Potential topics for free writing: sadness, anxiety, fears, challenges, relationships (i.e., parent, sibling, relative, partner, friend, etc.), grief, guilt, therapy, gratitude, etc.

Example: Topic — gratitude — I'm grateful for my support system, they've really been helping me out these last couple of months when I've needed it. I'm also appreciative of my friends. In fact, one of them came to me for advice about work and it made me feel good, especially because I could reciprocate the help they've given me. I'm grateful for a warm cup of tea when it's cold out - there's something about the small things in life that I love so much...

Is there anything you've seen, read, or heard recently that has resonated with you? Why do you think that is?

Example: Something that's resonated recently is "Your mental health is a priority. Your happiness is essential. Your self-care is a necessity" by Melody Beattie. I think this is because I often forget to prioritize myself and take time for self-care and when I do, I remember other things that need to be done. It was a reminder that it is okay for me to take time for myself and my well-being...



R E L E A R N I N G
H U M A N

If you find yourself struggling to write, try starting with something creative. Create something (i.e., a poem, short story, art piece or drawing, etc.). It doesn't need to be anything elaborate or take more than 10 minutes. Once completed, reflect on what you created. How does it make you feel?



RELEARNING
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