



JOURNALING TIPS

WHY JOURNAL?

JOURNALING IS A SAFE WAY TO REFLECT ON THE THOUGHTS AND FEELINGS WHICH YOU ARE EXPERIENCING. IT CAN ALLOW THE SPACES BETWEEN HEALING AND TALKING TO NOT FEEL SO ISOLATING.

JOURNALING CAN ALLOW YOU TO ACKNOWLEDGE WHERE WE MAY FEEL STUCK IN THOUGHT AND FEELING. IT ALLOWS ACTION AS YOU TAKE PEN TO PAPER. THIS IS A KEY SKILL IN MOVING OUT SPIRALS AND LOW MOOD AS WE OFTEN ARE SEEKING CLOSURE.

IN ADDITION, JOURNALING HOWEVER WE EACH DO IT ALLOWS US TO UNRAVEL THE WHIRLING THOUGHTS OR MEMORIES THAT MAY PLAY ON REPEAT A SAFE SPACE TO EXIT SO IT DOES NOT PLAY OUT IN OUR BEHAVIOURS AND OR PHYSICAL HEALTH. EVERY THOUGHT CREATES A FEELING WITHIN THE BODY AND EVERY FEELING WITHIN THE BODY CREATES A THOUGHT.

PLANTING SEEDS OF AWARENESS AND BALANCE CAN ALLOW YOU A NEW PERSPECTIVE TO SOLUTION HOW YOU WISH TO HEAL ON YOUR OWN INDIVIDUAL JOURNEY.

JOURNALING CAN ALSO SUPPORT WITH AFFIRMING AND RESHAPING THOUGHTS.





But where do we start?


Firstly as you are thinking about the Journaling process allow your mind to release the pressure of it has to be completed in a set way as this is NOT TRUE!

There is no right or wrong way however we must be mindful of our own triggers and understand that should Journaling no longer feel safe this could be a signal to reach out to a trusted person to seek further guidance and support to make sense of our own individual experiences.

Different Types of Journaling

Dumping:

This is when we literally take pen to paper and write down anything and everything that comes to mind. There is no process just go ahead. You do not read it after just dump, take a  deep breath and feel the weight from your mind and body release. Walk away. 

Tip: notice if there are any repeating patterns that may be arising when dumping and ask yourself do I need to reflect a little more on why this is repeating? Again seek further support from a trusted person or professional to make  sense of it if you feel you need to.

Sandwich Journaling:

This is a light-controlled form of Journaling in which you start by noting down what is re-occurring in the mind that you are finding challenging.

Pause and ground. Re-read and reframe your own awareness of the present moment by now noting what you have done today. This allows you to call your mind and thoughts to the present moment.

Finally note down 3 things that you are grateful for. This can be as small as the weather or a hug from a loved one.

Tip: Track how you are feeling when completing this exercise over 28 days.

Do you feel better or worse? Are you emotionally balanced.

You may wish to stop if you feel the exercise is too intense.



Affirmation Journaling:

This is different than the above techniques. It allows you to reflect on self-worth and supports to reframe thought around it.

Identify the area you are feeling not ok with. Keep it isolated to the present moment. E.G I don't like the way I smile. DO NOT spiral into why you don't keep it simple.

Now complete a list of 3 affirmations that would reframe your thought around this E.g.

1. I am happy that I have a bright smile
2. I love that my smile is unique to me
3. I am confident with myself

Affirm these affirmations for 28 days AM and PM. Notice how your body and mind changes in feeling and thought. Journal your daily experience with this.

