

# Power of Journaling

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# Outline of Presentation

- ❖ What is journaling?
- ❖ The benefits of journaling
- ❖ Different ways to journal
- ❖ Tips to get started



# What is Journaling?

“A record of experiences, ideas, or reflections kept regularly for private use.”

(Merriam Webster, 2021)



# Benefits of Journaling

Writing is beneficial for our mental, emotional and physical health (Burton & King, 2004; Francis & Pennebaker, 1992):

- ❖ **Physically:** Reduces long-term stress and disease
- ❖ **Mentally:** Improves insight of priorities
- ❖ **Emotionally:** Improves understanding of emotional reactions

# Different Types of Journaling

- ❖ Bullet Journaling
- ❖ Free-Flow Journaling
- ❖ Gratitude Journaling
- ❖ Letter Writing
- ❖ Writing by Prompts



# Different Types of Journaling: Bullet Journaling

- ❖ **Bullet Journaling:** a flexible and creative way to organize thoughts



<https://bulletjournal.com/blogs/bulletjournalist/beautifully-organized>



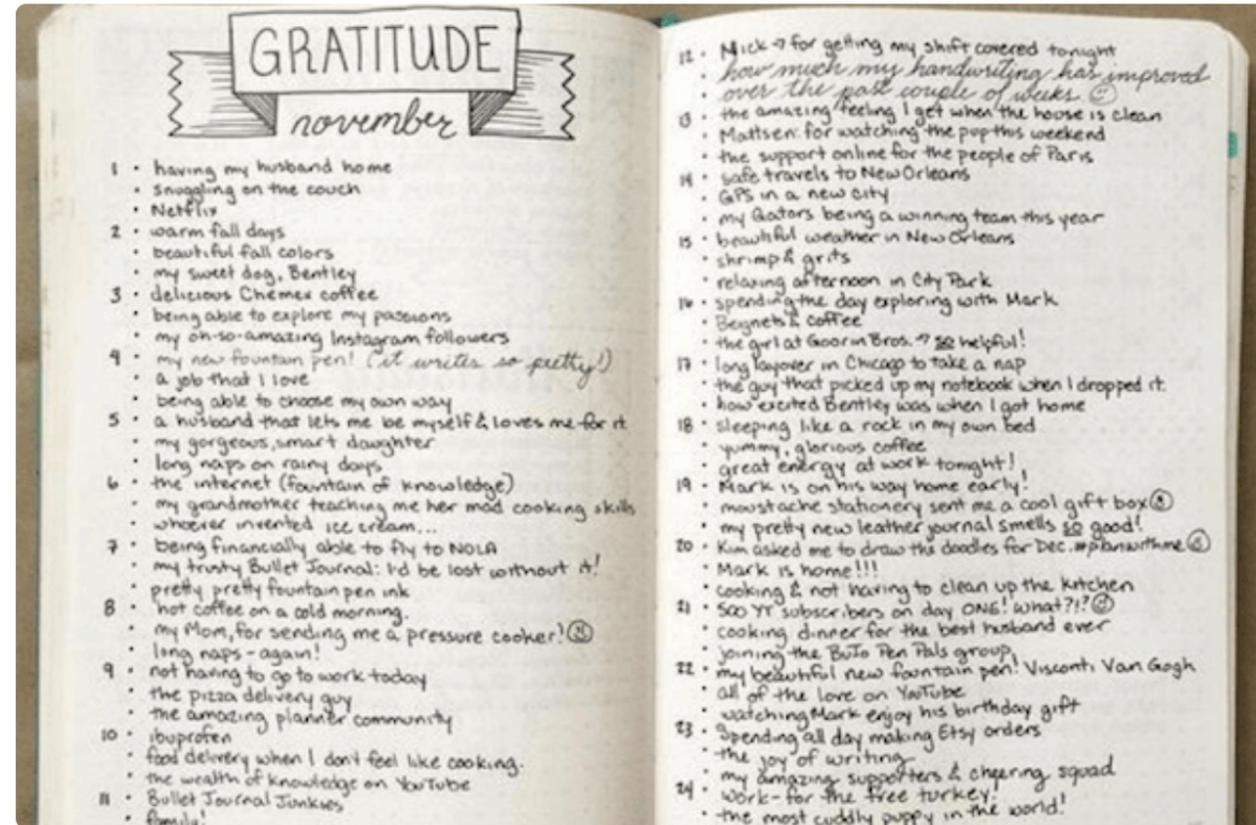
# Different Types of Journaling: Gratitude Journaling

## ❖ Gratitude Journaling:

Writing down specific experiences or aspects of life that one is thankful for

## ❖ Additional Resources:

- [Gratitude on-demand workshop](#)
- [Gratitude handout](#)



<https://positivepsychology.com/gratitude-journal/>

# Different Types of Journaling: Letter Writing

- ❖ **Letter Writing:**  
Processing emotions and experiences through the form of personalized letter writing



<https://www.recoveryways.com/rehab-blog/therapeutic-letter-writing-part-1/>

# Different Types of Journaling: Prompts

- ❖ **Prompts:** Writing directed by a particular question or idea posed to you

1. My favorite way to spend the day is...
2. If I could talk to my teenage self, the one thing I would say is...
3. The two moments I'll never forget in my life are... Describe them in great detail, and what makes them so unforgettable.
4. Make a list of 30 things that make you smile.

<https://psychcentral.com/blog/30-journaling-prompts-for-self-reflection-and-self-discovery#1>

# Tips to Getting Started

- ❖ Consider the type/style of journaling
- ❖ Buy a journal or create a journal to write in
- ❖ Set aside specific times to write
- ❖ Don't be afraid to try a few different ways



**Thank You & Happy Journaling!**



# References

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