

Journaling

Journaling is a mindfulness activity that can be used for stress relief, clarity, record keeping, or emotional expression. Journals provide a non-judgmental place to release complex feelings and emotions. Journals can be used for memory keeping and even for artistic expression.

Types of Journals

- Daily pages
- Art
- Gratitude
- Reflection
- Prayer

Tips

- Create a simple daily practice
- Spend as much or as little time as you like
- Do what feels right to you
- Try to journal through the discomfort
- Use prompts to help get you started

Resources:

- There are many different journal prompts available online, just do a simple internet search for “journal prompts”
- There are guided journals available for purchase online and in bookstores.

Journaling Prompts for Self-Care

- Describe your perfect day.
- Write about something that you are thankful for.
- Describe how you make time for yourself, or how you can make time for yourself.
- Describe something that makes you feel calm.
- Describe a time when you felt proud of yourself.
- Write about your greatest accomplishment so far.

Journaling Prompts for Caregivers

- Think about a difficult time you have had, how did you overcome it? How can you face it in the future?
- Write about ways you can take care of yourself.
- Write about things you can do to meet your own needs, without feeling guilt.
- Describe your experience as a caregiver.

