

KEEPING A JOURNAL

Keeping a journal is one of the helpful ways of expressing your emotions, feelings and thoughts. It is much the same as keeping a diary. There is no right or wrong way of keeping a journal – you can do it daily, weekly, or on an ad-hoc basis, but consistency is vital. Whether you write it down or type it up, it does not matter. The basis of keeping a journal is self-expression.

Benefits of keeping a journal include:-

- Healthily reflect on what is going on for you.
- Helps you prioritise problems, worries and concerns.
- Track progress of the issues so that you can recognise the triggers and learn to cope differently.
- Provide an opportunity to analyse your negative thoughts, emotions and behaviours.
- Improve your communication skills through writing and expression through words.
- Gain confidence in expressing yourself when reading out loud to yourself.
- Learn from the experiences.

What should be in your journal?

- Record the event, circumstance or situation for later review.
- Celebrate small achievements, recognitions and rewards.
- Set realistic goals, plans or the next step into an actionable to-do list.
- Take note of your thoughts, feelings and physical reaction as well as your body language.
- Reflect on how or what you could/would do thing differently.
- Give yourself advice with a word of wisdom and kindness.
- Write affirmations that would empower you so that you can find peace with the lived experienced of the event, circumstance or situation.
- As you write, tell yourself that you want to let go of the experience and move on, if appropriate to do so.
- Evoke the emotions, feelings and experience of the event, circumstance or situation. This will help you to recall everything in detail.
- Elicit the experience mindfully, without judging what you had already done in the past. Remember that you are recalling the event, circumstance or situation.

Make time to write your journal and do not rush. Give yourself the space for reflection. After all, it is a therapeutic process. And one word of advice – Enjoy!