Help4 Hidden Disability Services

Journal with a purpose

Handout

Journaling can be tool to get to know yourself on a deeper level, for some people it is their only friend, for others it might be used as a healing. However journaling can be much more than that, it can a tracking tool for stressful situations at work, home and relationships.

Journaling is not only about lowering stress and helping to prevent total burnouts, it is also about discovery on a person's process while experiencing overwhelming stress.

Read the following 3 words and put them in order how you process stress.

Thoughts Reactions to Feelings

Once you have put them in order from 1 to 3, then use that system to journal each day, if one should be 2nd and the other 3rd, no worries, change the sequence and follow what feels natural.

Journaling should not feel like a chore, it should feel after a while like putting on your shoes, overtime you will notice certain patterns are starting to appear, during similar circumstances, and/or having to cope with certain type of personalities. This is valuable information, with this knowledge one can make positive changes in one's behaviors and help transform one's life.