

# The Power of Journaling for Wellbeing

## Journal Techniques

**Lists** - Writing a list, without stopping, can reveal and dislodge feelings you didn't know you had. Select a topic and write a list without stopping until you have run out of responses. Review the list, organise it if it helps, spot any recurring themes and look for anything that needs more attention. A great starting point!

***Suggestions*** - What makes me...(angry, happy, sad, frustrated)?, List all my positive qualities, I am good at...

**Prompts** – Use questions, quotations, start of a sentence, objects, photos, music, smells, anything that triggers a train of thought. Consider how you feel about the prompt, what you notice about it, how you feel when you answer a question. See where your thoughts go and follow them.

***Suggestions*** - What do I want to achieve today? What do you notice when you look around you? How am I feeling today?

**Sprint Writing** - Allow yourself a certain length of time, pick a topic and write until the time is up. Allow 20-40 minutes to get into the flow of thoughts, but don't think about what you are writing. Allow a stream of consciousness to take place.

***Suggestions*** - Set a timer for a couple of minutes to answer a prompt to help prevent overthinking and your true thoughts to come through.

**Morning Pages** - Similar to sprint writing but a technique devised by Julia Cameron in her book "The Artists Way" to help artists remove creative blocks. You let a stream of consciousness flow out of you for three pages, no more or less. Whatever comes to mind, let it out uncensored.

**Captured Moments** - Write in detail about special, meaningful or significant moments. Include who was there, how you felt, what you thought, what you/others said, where you were, what was the environment like etc. Capturing the moment gives you an opportunity to view it from a different perspective and notice things you might have missed. This is particularly powerful to change negative memories into positive as you view the bigger picture.

**Unsent Letters** - Very powerful way to resolve unsaid hurt and emotion to a situation, person or object. Write everything you would like to say and be honest. **DO NOT SEND THE LETTER!** Writing the letter gives you a voice that you haven't previously used. The aim is to release emotion and give you some emotional space to let something go. You can also write to an object you feel emotionally attached to that you no longer have space for in your life, eg moving house. Write and let go, do not send!

**Dialogue** - Write both sides of a conversation, either one that has taken place, one that might take place or one you'll never have. You can write different versions of the outcome to help work out what you are most comfortable with, meaning you can then move on. Also helps preparing for a situation, such as job interview, to relieve nerves and boost confidence.