

Journaling is a safe way to express your feelings through writing. Journaling can be done anywhere at anytime. It is often personal and does not have to be shared with anyone else.

Benefits of Journaling

- Relieves Stress
- Gives a Sense of Control and Achievement
- Makes You Feel Calm
- Makes You Aware of your Feelings
- Lowers Anxiety
- Increases Insight
- Lets You Revisit Thoughts

Examples of Journaling Questions

Journaling can be done for fun or as a coping skill. When you journal for fun, focus on simple thoughts and wishes. When you journal as a coping skill, focus on more complex topics and feelings.

Use questions like the examples below if you are journaling for fun:



- If you won the lottery, what would you do?
- What country would you like to visit? What would you do there?
- What is your favorite: season, color, place, or food? Why? Describe each one.
- Where are you the happiest? Describe that place.

Use questions like the examples below if you are using journaling as a coping skill:



- What kind of day are you having? Why?
- What keeps you up at night worrying? Are your worries realistic? Is there anything that you can do about them?
- What would you change about yourself or your life? Is there a way to change it?
- Where do you see yourself in 5 years?

Helpful Hints

- There is no right or wrong way to journal.
- Give yourself time to reflect before starting.
- There is no time limit when you journal.
- You can journal with pen and paper or computer.

① **Call your UNC Recreational Therapy and Child Life team member if you have any questions.**

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