

Journal templates to get you started



From **relieving anxiety** and **stress**, to **building self-awareness** and **resilience**, journaling has been shown to be one of the most effective acts of self-care.

'So, what should I write about?' is typically the first question that someone considering journaling asks, but you don't need to restrict yourself to any specific topic(s). Simply write whatever comes to mind and see where your mind takes you. Just remember, stay open and acknowledge every feeling, both positive and negative.

Below are a few templates and prompts to help you get started. You can start recording your thoughts by typing them into this PDF, by writing them down on a printed copy, or by simply using the below prompts to gather your thoughts on a diary or notepad.

Stream of consciousness

***“I can shake off everything as I write;
my sorrows disappear, my courage is reborn”***

Anne Frank

Self-care reminder



Self-compassion

What do you love the most about yourself?

How can you be a bigger supporter & kinder to yourself?

What achievements have made you feel proud recently?

Name a time that you experienced fear, but showed bravery to get through it

“If your compassion does not include yourself, it is incomplete”

Jack Cornfield

Self-care reminder



Gratitude

What are you grateful for today?

What do you often take for granted?

Who are you grateful for in your life?

What are you looking forward to/excited by?

“The more grateful I am, the more beauty I see”

Mary Davis

Self-care reminder



Mental declutter

What emotions are you feeling today?

What's on your mind?

Are you worried about anything?

If your friend was in a similar scenario, what would you say to support them?

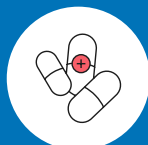
What behaviours have helped you to get through stress in the past?

What behaviours have added to your stress in the past?

“Start writing, no matter what. The water does not flow until the faucet is turned on”

Louis L'Amour

Self-care reminder



Journalling tips

Limiting yourself to specific formats or topics will stop you from fully unburdening. However, there are a few approaches that can help you maximise the effectiveness of journalling:

- **Keep it consistent** - Start with a schedule that fits your life and keep it consistent. Your journal should be a tool that works for you, not another obligation. Even 5-10 minutes a day can be effective. It's also good to keep your medium convenient and consistent e.g. a traditional pen and paper, an app like Evernote, or a laptop.
- **Start small** - Simply write whatever comes to mind and don't get bogged down about grammar, structure, or style. It's about expressing thoughts and feelings freely. If you're struggling to start, use simple prompts such as *'Today I feel'*. Start with what feels natural and you can try new styles soon. In time you'll learn what works best for you.
- **Seek the positive, while staying authentic** - Approach your thoughts with curiosity, not judgment. Be mindful of your language, and if you notice a tendency for negative self-talk, balance it out with self-compassion. It's natural for your journalling to include difficulties and challenges, but always acknowledge how you're building resilience to meet these challenges by using writing as self-care. Make sure you don't forget gratitude or praise, and celebrate your successes.



Contact **HealthHero** today for more support and advice. We're with you every step of the way.