



Keep a journal for mental health

Keeping a journal can benefit your mental health. Anyone dealing with anxiety, depression, bipolar disorder, or just day-to-day stress may find journaling to be a useful self-care tool.

There are no right or wrong ways to keep a mental health journal. Use the journal in whatever way is beneficial to you. Remember that a journal is a great tool, but it's not meant to replace other forms of mental health treatment.



GETTING STARTED

1. Decide if you want to keep a paper or digital journal.
2. Set aside time to write each day. As little as five minutes a day can help, but write longer if you want or need to.
3. Don't worry about spelling or grammar. Your journal is a private outlet to express yourself. How it looks or sounds shouldn't distract from the process of writing.
4. Let your journal be judgment-free. Journaling is a safe space to say whatever you feel you need to say without judgment, even from yourself.

FINDING THE BENEFITS

Try these steps to get the most out of the journaling process:

1. Take time to write whatever is on your mind and any thoughts or feelings you are experiencing.
2. Look back over what you've written and reflect without judgment.
3. Consider what you might tell a loved one if they shared the same thoughts or feelings with you.
4. Reflect on how you could have reacted or responded differently.

MAKING A CHANGE

Journaling can be a powerful tool to create positive change in your thoughts, attitudes, beliefs, and actions. Try these tips:

- Set goals or intentions and use your journal to record your progress or challenges.
- Track the types of stressors you encounter and watch for triggers or patterns.
- Challenge negative thoughts about yourself. Write down your good qualities and celebrate when you make positive choices.
- Write pros and cons lists to help you make decisions.