**5 Journaling Prompt Ideas to Help Tackle Anxiety**

In order for journaling for anxiety to be effective, you need to use it daily. However, one of the hardest parts of using a journal for anxiety is figuring out where to start.

If you tend to suffer from writer’s block, or your thoughts are so scrambled you just don’t know where to start, writing prompts can prove extremely useful. So, to help get you started, below you’ll discover 5 journaling prompt ideas to help tackle anxiety.

**1. Use color to write things that make you happy**

Did you know that visual cues can be more effective at tackling anxiety than written words?

Bright, positive colors can really help to make you feel calmer and happier. That’s why adult coloring books have become so popular. Colors have the power to directly impact your mood, so why not use them to your advantage?

Use different colored, bright pens to write down the things that make you happy. You could also draw little doodles instead if you find that more effective. Then, the next time you feel anxious, go back to that bright list of things which make you happy and you should notice you feel happier and calmer.

**2. The lessons I’ve learned from anxiety are…**

If you want to explore your anxiety and see it in a different light, writing down the lessons you have learned can be useful.

You may be surprised to find that having anxiety has actually taught you some positive lessons. It could be that you recognize living with anxiety has made you a more empathetic person for example. Being able to identify the positive things anxiety has taught you will help you to feel more in control and also view the condition in a less negative light.

**3. Write down the things you are doing right**

When you’re living with anxiety, it’s easy to focus on the things you are doing wrong. However, what about the things you are actually doing right? Start by writing in your journal about the positive things you are currently doing.

This will help you to start focusing more on your positive qualities, rather than negative ones. In turn, this can really help to tackle anxiety and get the brain into a more positive mindset.

**4. Write about a situation you have overcome**

Similar to writing about the things you’re doing right, writing down a situation you have overcome can boost your positivity.

With anxiety, it’s common to get stuck in a fear cycle. You become overwhelmed by negative situations you are currently experiencing, which then worsens the anxiety. By writing about situations you have overcome, it reminds you that you are a lot braver and stronger than you think.

You will start to see that you have successfully gotten through every bad situation you have been in. So, what makes this one any different? Remember those difficult times and use them as inspiration for getting through this one.

**5. List your worst habits and how they impact you**

You don’t have to purely focus on the positives to make journaling work for you. In fact, writing down a few negatives, such as your worst habits, can give you a lot more knowledge and awareness; in turn helping you to understand your anxiety to prevent it from becoming overwhelming.

By listing your worst habits and how they affect you, you’ll be able to identify your patterns of behavior and ultimately work out how to change them.

It can be tough figuring out how to get started with journaling for anxiety. However, the 5 journaling prompts listed above can really help you to address your anxiety and figure out ways to overcome it.