**Social Media Posts 5 Journaling Prompts to Help Tackle Anxiety**

**Facebook:**

1. TIP: Struggling to know where to start with your journal? Use these 5 journaling prompt ideas to get you started. LINK

2. TIP: When you’re stuck for what to write in your anxiety journal, begin by writing about a situation you have overcome. LINK

3. TIP: Writing a list of bad habits you have and the effect they have on you is a great journaling prompt idea. LINK

4. TIP: Using colors when writing in your anxiety journal can instantly help to make you feel calmer and happier. LINK

5. TIP: Get started with journaling for anxiety by listing the things you do right, rather than focusing on the things you do wrong. LINK

**Twitter:**

1. Did you know colors can help you to feel instantly calmer and happier? LINK

2. Writing a list of the things you do right is a great journaling prompt LINK

3. Discover 5 awesome journaling prompt ideas for tackling anxiety. LINK

4. Start your anxiety journal by writing about a situation you’ve overcome LINK

5. Write a list of your bad habits and how they affect you LINK