**Social Media Posts Different Types of Journaling for Anxiety**

**Facebook:**

1. TIP: Did you know there are different types of journaling you can do to combat anxiety? Different techniques work for different people. So, in our new blog we reveal just some of the different types to consider LINK.

2. TIP: Struggle to actually sit down and write a daily journal? You may find timed journaling to be an effective solution LINK.

3. TIP: If you’re a creative type, you may find poetry journaling a great method for combating anxiety. LINK

4. TIP: If you want to get to the root of your anxiety, freestyle journaling is a great way to do it LINK

5. TIP: Did you know that a gratitude journal is one of the most effective types of journaling for anxiety? Find out why in our new post LINK.

**Twitter:**

1. Discover the different types of journaling for anxiety LINK

2. Timed journals are fab for those who struggle to make time for journaling LINK

3. Poetry journaling is a great way to express yourself to combat anxiety LINK

4. Get to the root of your anxiety with freestyle journaling LINK

5. Learn why a gratitude journal is great for combatting anxiety LINK.