**Social Media Posts 5 Ways to Instantly Ease Anxiety Through Journaling**

**Facebook:**

1. TIP: Writing down your anxious thoughts and feelings when you wake up can help to clear the mind, leaving you feeling calmer. LINK

2. TIP: Writing a super-easy to-do list you can easily achieve each day can help to ease anxiety and get things done. LINK

3. TIP: Writing down a daily list of things you are grateful for can help you to develop a more positive mindset. LINK

4. TIP: Use your journal to discover powerful positive affirmations you can use to ease anxiety. LINK

5. TIP: Create a page in your journal which focuses on things which leave you feeling calmer. Positive quotes, people who inspire you and photos of yourself at your happiest are great to include in your peaceful spread. LINK

**Twitter:**

1. Write a list of the things you’re grateful for daily to calm the mind LINK

2. Create a peaceful spread in your journal to instantly calm anxiety LINK

3. Set yourself super-easy to-do lists to overcome anxiety LINK

4. When you wake up, write down those anxious thoughts and feelings to feel instantly calmer LINK

5. Write down positive affirmations you can repeat daily to ease anxiety LINK