**Social Media Posts the Benefits of Journaling for Anxiety**

**Facebook:**

1. TIP: Do you often feel anxious and struggle to control it? Journaling could help. Journaling for anxiety delivers a lot of awesome benefits. LINK

2. TIP: Did you know that journaling for anxiety gives you a deeper knowledge and awareness over it? Knowledge is power, so by learning more about your anxiety, it will help you to come up with ways you can control it. LINK

3. TIP: Keeping a journal for anxiety allows you to identify your triggers. This helps you to recognize exactly what it is that sets off your anxious thoughts. LINK

4. TIP: Did you know that just the simple act of writing down your anxious thoughts can instantly ease your anxiety? LINK

5. TIP: Regularly writing in a journal for anxiety can help you to come up with new coping strategies. LINK

**Twitter:**

1. Journaling can be a great way to manage anxiety LINK

2. Gain power over your anxiety by increasing your knowledge through journaling LINK

3. Using a journal for anxiety can help you to identify your triggers LINK

4. Instantly ease your anxiety with journaling LINK

5. Learn new coping strategies for your anxiety through journaling LINK