**Social Media Posts 5 Tips for Journaling for Anxiety**

**Facebook:**

1. TIP: Want your journal to leave you feeling calmer and happier? Use it to connect yourself to nature by writing down some of the wonders of nature you’ve experienced that day. LINK

2. TIP: In order to tackle your anxiety through journaling, it’s important to confront it. LINK

3. TIP: Did you know you can use your journal to start developing your intuition? LINK

4. TIP: If you want to use journaling to tackle anxiety, you’re going to need to make sure you’re using a real journal. LINK

5. TIP: Writing in the third person allows you to distance yourself from your anxious thoughts, enabling you to solve them. LINK

**Twitter:**

1. When journaling for anxiety, make sure you’re using a real journal LINK

2. Writing in the third person is a great way to come up with solutions for anxiety LINK

3. Use your anxiety journal to connect with nature LINK

4. It’s important to confront your anxiety in your journal LINK

5. Use your journal to develop intuition to solve your problems LINK