**5 Ways to Instantly Ease Anxiety Through Journaling**

Once you’ve chosen what type of journaling you want to focus on for anxiety, the next step is to figure out how to use it. How can you use a journal to instantly ease anxiety when it strikes?

The good news is, there are lots of ways to use your journal to instantly soothe your anxiety. Below, we’ll look at just 5 ways you can try out right now.

**1. Write down your anxious thoughts when you wake up**

If you tend to feel anxious as soon as you wake up, getting your thoughts out into your journal can be really helpful. It’s common to try and ignore our anxieties, but it’s actually more effective to face them head on.

By writing down your anxious thoughts when you wake up, it gets them out of your head, leaving you feeling instantly calmer. It’s even been proven through research that writing your thoughts down can help to eliminate your worries.

Once you’ve got all of those negative thoughts and feelings out, you’ll be able to move on with your day in a more positive head space.

**2. Create an easy-to-do list**

If you tend to get anxious when you have a lot of things to do, it can help to create easy-to-do lists. These aren’t just your average to-do lists, instead they focus on things that are almost impossible not to complete.

If you create a to-do list and then you don’t complete everything on it, you could end up feeling even more stressed and anxious. So, by making sure the tasks on the list are super-easy to achieve, it’s going to help ease your anxiety and help you to get more tasks done throughout the day.

**3. Write a list of the things you are grateful for**

Practicing gratitude is said to be one of the most effective ways to combat anxiety and depression. The simple act of writing down a list of the things you are grateful for each day is surprisingly effective at boosting happiness levels.

After writing a daily list of the things you are thankful for, you’ll start to notice you feel happier and less anxious after just a couple of weeks. The more you practice gratitude, the more things you’ll find to be thankful for. It’s a great way to eliminate a negative mindset and focus on the positives.

**4. Create a peaceful spread**

A great way to instantly ease anxiety, is to set out a page in your journal for a “peaceful spread”. This is basically where you fill a page with things which make you feel calmer and happier.

You could include powerful quotes, happy photos of yourself, people who inspire you, and any accomplishments you’ve achieved. Looking back at this page will help you to instantly calm the mind whenever you do feel anxious.

**5. Find your positive affirmations**

The things you tell yourself can have a significant impact on how you feel. So, if you want to feel less anxious, you’re going to want to talk to yourself in a kind, positive way.

Positive affirmations can be a great way to fuel your soul. You can use your journal to write down how you want to feel but making sure to write it in the present tense. So, it would end up something like this “I am awesome. I am strong. I can get through this”. If those words don’t make you feel anything when you read them in your mind, change them.

The key is to find positive affirmations which really impact you. So, don’t be afraid to experiment until you find the right words to power your positivity.

As you can see, there are lots of ways to instantly ease your anxiety through journaling. The above are just 5 methods you can try to get you started.