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# The Benefits of Journaling for Anxiety

Do you struggle to manage your anxiety? Millions of people suffer with some form of anxiety, and for some it can prove to be extremely debilitating.

A person in a forest

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Common treatments include counselling and medication, but did you know that journaling can also prove to be a great tool for keeping the condition in check?

Here, you’ll discover some of the main benefits of journaling for anxiety and how it can help reduce its symptoms.

**Increasing your knowledge and awareness**

One of the main ways journaling can help to reduce anxiety, is by giving you a deeper understanding of it.

Often, you’ll find you have no idea what brought on the anxiety, or why it happens. It’s something you learn to just accept without really giving it much thought. So, by writing down whenever you feel anxious and what triggered it, you’ll start to understand more about why it’s happening.

So, why does this help to reduce it? Well, once you know what is triggering your anxiety, it gives you the opportunity to work on tackling it. Avoiding triggers or at least figuring out ways to manage them, will really make a huge difference when it comes to managing your anxiety levels.

It also teaches you to become more aware of your anxiety. When you’re aware that it’s happening and you know why it’s happening, you can use that to reset the mind and switch to more positive thoughts.

So, by journaling about your anxiety, it can really help you to develop greater knowledge and awareness, in turn helping you to combat the condition.



**Helping you to develop new coping techniques**

Once you’ve written down the things that are making you anxious, it gives you the opportunity to explore them. You can ask yourself why you are feeling anxious, and what you could potentially do to stop it.

You will be able to come up with new coping techniques you could try to minimize the anxiety. By exploring why and when it occurs, it enables you to start recognizing when it happens, allowing you to quickly adopt your coping techniques to minimize it.

**Getting those anxious feelings out**

Even just the act of writing down your anxious thoughts and feelings can help enormously. Keeping negative feelings bottled up can actually cause the anxiety to get worse. So, by writing them all down, it eliminates them from the mind, leaving you feeling instantly calmer.

You’ll also find when you write down your anxious feelings, they have less power over you. You’ll be able to look at them more subjectively and realize they aren’t as powerful as you thought they were.

**Helping you to monitor your progress**

When you’re trying to improve your anxiety levels, it can be pretty tough if you aren’t monitoring your progress. A journal can help you to see how far you’ve come since you started recording your thoughts and feelings.

It also enables you to identify and change any patterns which might be occurring. For example, you may find that you are more anxious at a certain time of day. By writing in the journal consistently, you’ll start to witness these types of patterns and record what you did to prevent them occurring again.

These are just some of the great benefits journaling for anxiety can deliver. As an additional bonus, once you start using the journal to manage your anxiety, you’ll also find it eases and prevents depression too. Those who do suffer with anxiety often suffer with depression too. So, being able to utilize something which can manage both conditions is fantastic.

If you haven’t given journaling for anxiety a go, now is definitely a great time to try it. There are numerous types of journals you can keep to manage anxiety and each has their own unique benefits.

# Different Types of Journaling for Anxiety

Now that you know the benefits of using journaling for anxiety, it’s time to address the different types.

When most people think of journaling, they imagine it to be writing down their innermost thoughts and feelings. While this is certainly one type of journaling you can use, it’s not the only method out there.

Here, we’ll explore the different types of journaling for anxiety. This will give you a great idea of which one is right for you.

**Timed journaling**

One of the lesser known types of journaling you can use to manage your anxiety is timed journaling. This particular method is ideal for those who struggle to sit down and write. Maybe you see it as more of a chore for example, so you struggle to force yourself to write consistently. With a timed journal, you set a timer and force yourself to write until it goes off.

A glass of red wine

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You may just be surprised how much you have written and how involved in the writing you become when you’re writing to a timer. If you’re struggling to think of what to write, you can start with something like “I am feeling anxious because…”.

**Freestyle journaling**

Freestyle journaling is by far the most popular type. This is where you write down all of your thoughts and feelings as they arise. There are no rules, you can write as little or as much as you like and it’s great for pinpointing the cause of the anxiety.

With this type of journaling, you’ll typically find you can identify the root cause of the anxiety the more you keep writing.

**List journaling**

Otherwise referred to as bullet journaling, this type of journal is great for those who love to keep things simple. If you’re an avid list-writer, you can use this to your advantage in order to combat your anxiety.

Simply start by listing the things that have made you anxious that day. Then, write a list next to that showing why it made you anxious. Finish off with a list of things you can do moving forward to overcome those feelings and minimize your anxiety the next time you go through a similar experience.

Of course, you can use a list journal any way that you like. The above is just a brief example of how it could be used to manage anxiety.

**Gratitude journaling**

Perhaps one of the most powerful types of journaling for anxiety is the gratitude journal. Made famous by celebrities such as Oprah Winfrey, the gratitude journal focuses on the things you’re most grateful for.

The reason this works is because it trains the brain to focus more on the positives. It is said that the more thankful you are, the more joy and abundance that will come into your life.

To start, you can just write 3 things you are grateful for that day. It doesn’t have to be anything overly significant, it could just be the fact that you have a roof over your head, or something simple that made you smile.

A person lying on grass

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By keeping a daily gratitude journal, it really helps you to start feeling happier and more satisfied in life, reducing your anxiety.

**Poetry journaling**

If you’re a creative person, you may find a poetry journal is great for reducing and managing anxiety. Being able to express your anxious feelings in a healthy way, can really help to reduce them.

**Letter journaling**

Finally, letter journaling can be a really useful tool for managing anxiety. It’s especially useful if you are currently experiencing conflict with someone in your life.

The goal is to write letters that you won’t send. They could be addressed to anyone, and it’s your chance to write down everything you want to say but can’t. It’s common for those with anxiety to have a lot of dialogue going on in their minds, so having an outlet to get it all out can prove really beneficial.

So, there you have it – the different types of journals you can use for anxiety. What works for one person may not work for another. You may find you need to try out a few different types before you find the one that’s right for you.

# 5 Tips for Journaling for Anxiety

Looking to get the most out of journaling for anxiety? While there are certainly no rules as to how and when you should use your journal, there are a few tips you may find useful.

Here, we’ll look at 5 tips for journaling for anxiety which can really help ease the symptoms and calm the mind.

**1. Commit to confronting your anxiety**

If you really want to tackle your anxiety, you’re going to need to face it. Ignoring the problem isn’t going to make it disappear, instead it will actually make it worse. So, when using your journal for anxiety, you’re going to need to commit to confronting your anxiety head on.

A close up of a pen

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This means, writing down all of your anxious thoughts. Remember, your journal is a safe space. Nobody is going to see what you write so you can include all of your innermost thoughts and feelings. This allows you to not just clear the mind, but to also develop more knowledge over the condition and how you could potentially ease it.

**2. Write in the third person**

Sometimes, it’s easier to come up with ways to overcome your anxious thoughts and everyday troubles, by writing in the third person.

When you write in the third person, it gives you distance from the problem, which can help you to see it with a lot more clarity. Think about what you’d suggest if a friend was experiencing the same problem. When you remove the immediate emotions tied to a problem, you’ll find it much easier to come up with ways to overcome it.

**3. Connect with nature**

Spending time appreciating nature can really help to ease anxiety. It’s easy to get caught up in life’s everyday challenges and dramas. So, by taking a little time throughout the day to recognize how magical and wonderous the world around us is, it can leave you feeling a lot calmer.

A picture containing grass, outdoor, person

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Write down in your journal the things you notice about the seasons, sky, trees and birds. Just the act of focusing on nature can leave you feeling happier as well as calmer.

**4. Make sure you use a real journal**

Thanks to technology, there are lots of ways we can communicate and record things. However, if you’re looking to get the most benefits from journaling for anxiety, you’re going to want to make sure you’re using a real, physical journal.

A picture containing indoor

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The act of writing instead of typing, helps you to feel more connected to your thoughts and feelings. It also motivates you more to continue using it. When you have a physical journal that you actually enjoy writing in, it’s going to be much more effective at helping you to keep it up.

**5. Start developing your intuition**

Did you know you can use the journal to strengthen your intuition? That is, your ability to figure out a solution to your problems?

When you write down your concerns or questions, close your eyes and calmly ask yourself what you should do. At first, you might find that nothing really comes to you and that’s ok.

Don’t focus on it too much as you’ll end up feeling stressed and more anxious. Instead, go back to it later in the day. Look for things throughout the day which could offer a potential solution.

The more you do this, the more intuitive you’ll become. It’s a skill you really need to work on and nurture.

So, there you have it – 5 tips for journaling for anxiety. Don’t be deterred if some of the tips and techniques featured in this blog series don’t prove effective right away. Different things work for different people and you need to be consistent if you want to start seeing results. The more you use your journal, the more it will help with your anxiety.

# 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.

A picture containing table, floor, person, indoor

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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.

A picture containing person, bubble, woman, cellphone

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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.

A blackboard sign with black text

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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.

# 5 Journaling Prompt Ideas to Help Tackle Anxiety

In order for journaling for anxiety to be effective, you need to use it daily. However, one of the hardest parts of using a journal for anxiety is figuring out where to start.

If you tend to suffer from writer’s block, or your thoughts are so scrambled you just don’t know where to start, writing prompts can prove extremely useful. So, to help get you started, below you’ll discover 5 journaling prompt ideas to help tackle anxiety.

**1. Use color to write things that make you happy**

Did you know that visual cues can be more effective at tackling anxiety than written words?

Bright, positive colors can really help to make you feel calmer and happier. That’s why adult coloring books have become so popular. Colors have the power to directly impact your mood, so why not use them to your advantage?

A picture containing carrot, board, cutting, indoor

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Use different colored, bright pens to write down the things that make you happy. You could also draw little doodles instead if you find that more effective. Then, the next time you feel anxious, go back to that bright list of things which make you happy and you should notice you feel happier and calmer.

**2. The lessons I’ve learned from anxiety are…**

If you want to explore your anxiety and see it in a different light, writing down the lessons you have learned can be useful.

You may be surprised to find that having anxiety has actually taught you some positive lessons. It could be that you recognize living with anxiety has made you a more empathetic person for example. Being able to identify the positive things anxiety has taught you will help you to feel more in control and also view the condition in a less negative light.

A close up of a person

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**3. Write down the things you are doing right**

When you’re living with anxiety, it’s easy to focus on the things you are doing wrong. However, what about the things you are actually doing right? Start by writing in your journal about the positive things you are currently doing.

This will help you to start focusing more on your positive qualities, rather than negative ones. In turn, this can really help to tackle anxiety and get the brain into a more positive mindset.

**4. Write about a situation you have overcome**

Similar to writing about the things you’re doing right, writing down a situation you have overcome can boost your positivity.

With anxiety, it’s common to get stuck in a fear cycle. You become overwhelmed by negative situations you are currently experiencing, which then worsens the anxiety. By writing about situations you have overcome, it reminds you that you are a lot braver and stronger than you think.

You will start to see that you have successfully gotten through every bad situation you have been in. So, what makes this one any different? Remember those difficult times and use them as inspiration for getting through this one.

**5. List your worst habits and how they impact you**

You don’t have to purely focus on the positives to make journaling work for you. In fact, writing down a few negatives, such as your worst habits, can give you a lot more knowledge and awareness; in turn helping you to understand your anxiety to prevent it from becoming overwhelming.

By listing your worst habits and how they affect you, you’ll be able to identify your patterns of behavior and ultimately work out how to change them.

It can be tough figuring out how to get started with journaling for anxiety. However, the 5 journaling prompts listed above can really help you to address your anxiety and figure out ways to overcome it.