**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.

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.

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.

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.