**Complementary blog post: 5 Ways to Instantly Ease Anxiety Through Journaling**

**Subject:** New post: Here’s how to instantly ease anxiety through journaling

{Hello Firstname}

Are you looking for ways to use your journal to instantly soothe your anxiety?

While journaling can prove invaluable at helping to ease and manage anxiety, it can take a while before you start to see the results. However, there are a few ways you can use it to instantly eliminate, or at least drastically reduce, your anxiety.

In today’s post, I’ll reveal 5 ways to instantly ease anxiety through journaling. If you’re struggling to find effective journaling techniques, you’ll want to check out this post.

LINK

I’ll show you how writing down your anxious thoughts and feelings when you wake up can help you to have a calmer, less anxious day. You’ll also see how writing a list of things you are grateful for each day can help to leave you feeling calmer and happier.

Don’t miss this great post!

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