**Complementary blog post: Different types of journaling for anxiety**

**Subject:** New post – Discover the different types of journaling for anxiety

(Hello Firstname)

Ready to start journaling to combat your anxiety? Before you take the plunge, it’s worth looking into the different types of journaling you can use for anxiety relief.

There are a lot of different types of journaling, and what works for one person might not work for another. Therefore, you may even find that you need to experiment with a few different types of journaling before you find the one that’s right for you.

In today’s blog, I reveal some of the most effective, different types of journaling for anxiety. If you’re unsure what types are out there, you’ll want to check out this post.

LINK

You’ll discover more about the most common types of journaling such as bullet journaling and freestyle journaling. However, you’ll also learn new methods you may not have considered, such as timed journaling and letter journaling.

Don’t miss out on this awesome post!

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