**Complementary blog post: 5 Journaling Prompt Ideas to Help Tackle Anxiety**

**Subject:** New post: Discover 5 journaling prompt ideas to ease your anxiety

{Hello firstname}

One of the toughest parts of journaling for anxiety is often knowing where to start. So, if you do struggle to start writing in a journal because you don’t know what to write or how you should approach it, you may find it useful to use a few prompts.

There are hundreds of journaling prompts you can use to get those writing juices flowing. You’ll typically find that once you start writing, it becomes easier to write down how you feel.

In today’s post, I’ll reveal 5 journaling prompt ideas to help tackle anxiety. If you’re looking for a little inspiration to get started, you’ll want to check out this post.

LINK

I’ll show you why writing about a situation you’ve overcome can be a great way to tackle your anxiety. You’ll also discover how using color, and why writing about the lesson’s anxiety has taught you can help.

Don’t miss out on this fab post!

{Sign off}