Complementary Blog Post: How to use journaling to help ease stress

Subject: New post – Here’s how to journal to combat stress

{Hello Firstname}

Do you find it a constant struggle to reduce your stress levels? There’s a lot of techniques you’ve likely already tried. One which you may not have thought of however, is journaling.

Journaling delivers so many awesome benefits. However, in order to be used for stress-reduction purposes, you’ll need to use it in a slightly different way than you would with a standard journal. With standard journals, you write down all of your thoughts and feelings. However, this doesn’t always help to reduce stress!

In today’s post, I’ll show you how to use journaling to help ease stress. If you’re interested to try out this unique and effective stress-busting method, you’ll want to check out this blog.

LINK

You’ll see how starting a gratitude journal can help to channel more positive thoughts. You’ll also discover why it’s a good idea to take your new journal everywhere with you.

Don’t miss this awesome post!

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