How to Use Journaling To Help Ease Stress

Stress is something many people deal with on a daily basis. However, if you are having a hard time getting a handle on it, it might be time to look for another stress relief outlet.

Journaling is highly recommended for all forms of mental health, including your stress levels. Here are some tips to follow when you want to keep a journal in order to help with your stress.

Start a Gratitude Journal

A really good way to start relieving your stress with journaling is to keep a gratitude journal. This is not a regular journal where you express all your feelings and emotions, instead try to keep it light and positive.

You use it to focus only on the good things in your life. Try to post in it every day and write only about what you are grateful for. Even on the worst days, there should be something you can be grateful for.

Perhaps you had a terrible day when your car broke down, you forgot your lunch, then it was even worse when you got to work. But then you got to go home and see your family, and that was the bright part of your day. That is what you want to write down in your gratitude journal.

Write About Your Day

Another way to use journaling for relieving your stress is to go the other direction and write about everything that goes on during the day.

For many people, this helps with stress because you no longer feel like you are bottling everything up. It can be a really great way to be free all of this tension, anger, and frustration you feel each day.

Write in the journal as much as you need to, whether once at the end of the day, or throughout the day when you are experiencing something difficult.

Bring the Journal Everywhere with You

It is a good idea to choose a smaller journal that is easy to carry with you wherever you go. This will allow you to write in the journal whenever you need to.

There might be a time when you are at work and you just had a run-in with your boss, and you need to write about it. Or you could be in the car waiting for an appointment that has you nervous, and you want to write down some of your thoughts before you head into the appointment.

It can be really therapeutic to have that journal to write in whenever these things come up.

The above are some of the best ways to use journaling to help ease stress. It may take some getting used to, but soon you’ll be using your journal all the time due to how much better it makes you feel.

**Complementary email:**

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!

{Sign off}

**Social Media Posts How to Use Journaling to Help Ease Stress**

**Facebook:**

**1.** Looking for the best way to reduce stress? Try journaling! When used correctly, journaling can have awesome stress-reducing benefits. LINK

**2.** If you’re using journaling to help combat stress, it’s a good idea to carry it everywhere with you. Stress can strike at any time so always be prepared! LINK

**3.** Did you know starting a gratitude journal can help you to ease stress? It forces you to focus the mind on more positive thoughts and feelings LINK

**4.** Sometimes, writing about your day can help you to reduce stress. While it won’t work for everyone, some people do find it therapeutic to write about their experiences LINK

**5.** Avoid bottling up your thoughts and feelings. Use a journal to write about your day and release a significant amount of stress. LINK

**Twitter:**

**1.** Don’t let stress beat you down, start journaling today! LINK

**2.** Don’t forget to take your journal everywhere with you for stress-reducing benefits LINK

**3.** Release stress and tension by starting a journal LINK

**4.** A gratitude journal can help to ease stress and help you think positively LINK

**5.** Here’s how journaling can really help to ease stress LINK