**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