

Beginner Guide for Journaling for your Health

NOTE TO
SELF



JOURNAL FOR TEENS

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Journaling for your health is a very powerful self-improvement activity, as powerful as working out, eating right, and even a good sleep habit. And also, consistency is a very key part of [journaling for your health](#) as it is in other activities such as working out, eating habits, and sleep habits. Journaling alone, when done consistently can transform your mental fitness, and emotional and even physical well-being. Journaling is a very deep and personal experience and therefore there is no right or wrong way to do it. Developing a journaling habit can help you work through your emotions and also help you grow and become more self-aware. Below are some of the beginner guides for journaling for your health;

A guide for health journaling

- **Put it on paper**

It is very important to write down your emotions and even maybe include drawings if possible and convenient. You can get a beautiful notebook for this, or if you prefer just a normal simple notebook, even just random scraps of paper, on your mobile phone or whatever you might find inspiring to write on. It does not matter. Some people though prefer a voice message or video journaling.

- **Create a habit**

Once you start journaling for your health, you should keep doing it to develop consistency. Also, it is necessary to pick a specific time of the day that is good and convenient for you. You might not be sure what to start with and this might make you reluctant, especially if you are not fond of writing. Being creative and trying different things, different formats, and different fonts. Try small notes, composing a song, writing lists, making poetry, or even drawing some art can help to create a habit by breaking the boring monotony.

- **Keep it simple**

As you begin journaling, start small, with a small amount of time allocated for the journaling, you can even set a timer to ensure this. You can eventually grow slowly, increasing the time gradually and even journaling more at the same time, or in one sitting. Also, do not set your expectations too high, the journaling will only help you learn more about yourself and may not work as a therapist or counselor.

- **Do what feels right**

Journaling for your health should be a very personal experience. You should be writing for only your eyes and there should be no rule for what you can or you cannot write. This is your safe space created to express your feelings in whatever way you want. You should worry about spelling mistakes, sentence structures, or whatever other people might think. Do whatever feels right for you at all times.

- **Create a gratitude journal**

Journaling for your health majorly focuses on writing about stressful or emotional events for the benefits of your mental health. Similarly, gratitude journaling is good for your mental health. You can start by listing down the things you are grateful for, as small as they are. You can move gradually from making lists to writing full sentences. The details should help you to relive the positive moments you enjoyed.

Journaling for your health is one of the healthy ways to deal with overwhelming emotions by expressing yourself. It helps you to manage your anxiety, reduce stress and cope with depression. Journals for your mental health at www.honeyinkbooks.com can help you control your symptoms and improve your mood by identifying what is causing your stress or anxiety and therefore you are able to work on a plan to resolve your stressors.

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