

Transforming Creativity and Self-Care: How Journal Junk Box is Inspiring Journalers Worldwide

From Maryland to the world: Journal Junk Box inspires creativity and self-care with every delivery.



Aberdeen, Maryland Jan 19, 2025 ([Issuewire.com](https://www.issuewire.com)) - Founded during the pandemic, the Journal Junk Box has rapidly evolved into a global community that inspires creativity, mindfulness, and self-expression. This Maryland-based, award-winning subscription service connects journal enthusiasts across the United States, the UK, Chile, Australia, and beyond.

Dallas Gordon, the creator of Journal Junk Box, launched the business as a way to share her love for journaling—a practice that helped her overcome anxiety during challenging times. “Journaling brought me peace when I needed it most,” says Gordon. “I wanted to create something that could empower others to discover their creativity and take charge of their well-being.”

Every month, subscribers receive a thoughtfully curated box filled with custom-designed journals, fun stickers, pens, embellishments, and lifestyle products designed with an inspirational twist. Journaling prompts and mindfulness activities are also included to encourage mental wellness and a sense of calm.

Proudly minority- and woman-owned, Journal Junk Box embodies resilience and creativity, proving how a small family business from Maryland can make a worldwide impact. “It’s incredible to see how our vision has touched so many lives across such diverse communities,” Gordon adds.

In addition to the subscription box, Journal Junk Box also offers a Digital Journaling Club, providing daily writing prompts, mindfulness exercises, and printable resources to foster a vibrant, supportive community of journalers.

For more information or to subscribe, visit journaljunkbox.com.

Media Contact

Journal Junk Box

*****@journaljunkbox.com

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