Why Everyone Should Have a Journal

Journaling is not just something certain individuals do, but should really be something everyone does. Journaling helps in so many ways, from finding triggers to your stress, to helping with physical and mental health, weight loss, and a host of other issues. Here are some different reasons everyone should journal regularly.

**It Helps With Mental and Physical Health**

A major benefit to writing in a journal ever day is that it can help both your mental and physical health. Journaling helps you figure out what is causing your stress, lets you see why your anxiety is plummeting, and can help with your depression. For physical health, journaling helps you lose weight or manage your weight, find out why you have certain ailments, and narrow down the reasons you aren’t drinking enough water each day. You can be a healthier person overall just by having a journal.

**You Can Feel Safe Releasing Your Emotions**

It is hard to talk to someone about what you are thinking or feeling because you are embarrassed or feel like you will be judged for it. A journal is a good way to express all those feelings and not worry about something reading it or looking at you differently. Sometimes you need to get certain things out of your mind, and keeping a private journal is the perfect way to do that.

**You Find Out New Things About Yourself**

Keeping a journal can also help you gain more clarity into who you are and what you want out of life. Make it a challenge to just start writing on a page, without thinking too hard beforehand. Just start with one word and keep going. You will be amazed by how much you learn about yourself. You may start venting about something you didn’t know bothered you so much. It is possible that it is the opposite and you are more positive and optimistic about a person or situation than you thought you would be. In some cases, you talk more about what you want to accomplish, and this journal helps you to come up with actionable things you can do to achieve those dreams.

**It Becomes a Comfort When Dealing With Stress**

Stress is a powerful thing, much more powerful than people give it credit for. Stress can affect nearly every part of your life, including your mental and physical wellbeing. It is important that you try to reduce your stress in any way you can, such as journaling. Writing in your journal helps you identify what is leading to your stress, which helps you determine what you can do to stop it.