Journal Writing For Stress Relief

Keeping a journal is an excellent way to practice natural stress relief. The journal provides a lot of purposes, from letting you release all those bottled-up emotions and feelings, to finding what is causing your stress. Here are some things to know about journal writing for stress relief.

**How a Journal Can Help**

Journaling is something often done for a wide range of reasons. People might write notes in their journal to figure out what is causing their anxiety or depressive episodes, for self improvement and personal development, or simply to make record of each day. When you have stress, journaling helps by identifying what is causing your stress. It can also help you to release some of the emotions and feelings you have without feeling like you are burdening other people in your life. If something is bothering you but you don’t feel comfortable talking about it with friends or loved ones, make note of it in your journal instead.

**Different Types of Journaling Techniques**

You can use different types of journaling techniques as well. The first way is by simply recording your emotions on a daily basis. This can be with a feelings log where you use short words or phrases to record how you feel at different times of the day. When you have a day with a lot of negative words or sad face symbols, you know to look more into what was going on during that day. Another way to use it is by talking about what you have been doing each day, then look back on it and reflect who or what was causing your stress.

**Give a Bullet Journal a Try**

A bullet journal is another popular way to find stress relief through journaling. With a bullet journal, you are doing very quick journaling with signifiers, also called symbols. You also use some different words or phrases to describe your feelings or what you are doing. By starting a bullet journal, you are not just putting your thoughts on paper, but you are also using it to keep track of your finances, life goals, business tasks, and to-do lists. This helps to get some of your daily stress out of your head since it lets you live a more organized life.

**Use the Journal Regularly**

Make sure when you start journaling for stress relief, you use it on a regular basis. Preferably, you will make notes in the journal every day, but a few times a week can also be beneficial. Choose one that is small enough to keep in your purse, briefcase, or a special compartment in your vehicle so that it is always available.