

**Benefits of Journaling**

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**Journaling For Mental Health**

If you are someone that suffers from stress, anxiety, or depression, you should definitely be writing in your journal every single day.

Journaling is therapeutic, helps you get rid of all those thoughts and feelings without burdening someone else, and provides a host of benefits for various mental health disorders.

**You Can Gain More Clarity**

Keeping a journal can also provide you with more clarity. You are writing down all of your thoughts and feelings, which in turn can really help you to see what your innermost thoughts are.

Even if you don’t realize it right now, you might have certain feelings that you don’t realize are there. This is why it is important to have a journal only you can read, because then you feel comfortable being completely open and honest. By doing this, you are able to gain a lot of clarity about yourself and your life.

**It Helps You to Be More Creative**

Journaling is an excellent way to release your inner creativity that might have been hiding there. Perhaps you get so caught up in your day to day life that you don’t often have the opportunity to be creative.

Journaling is a form of self expression, even if you are just writing down what you did that day. By performing this self expression on a regular basis, you really can start being more creative in other areas of your life.

**Journaling Lets You Find Your Triggers**

There are certain triggers you might be dealing with in relation to your different mental health disorders. There are situations and people that can lead to having a day where your depression worsens, you feel more stress, or your anxiety causes severe panic attacks.

By journaling every day, you can look for certain patterns that will show what might be causing these things. It can be anything from drinking caffeine to dealing with a certain co-worker.

So many different situations and events can trigger your mental health episodes, and it is important o know what they are. Even if you see a therapist, they often recommend writing in a journal every day.

**It Becomes a Way to Release Your Burdens**

Mental health is often more difficult to deal with when you don’t have a way to release your mental burden. If you keep all of those thoughts and feelings bottled up, it makes everything harder to deal with.

If you don’t feel comfortable talking to someone, then you can write in a journal and still feel like you are letting all of that out.

**Journaling For Physical Health**

Keeping a journal is very beneficial to your physical health, whether you are trying to figure out why you have allergy attacks, lose weight, or just manage your general health.

Consider these different benefits of journaling for your physical health.

**You Can Log What You Eat**

One way journaling helps with physical health is by looking at what you are eating on a daily basis. This is important for a number of reasons.

First of all, by knowing what you eat, you can see what type of nutrition you are getting, and what you might be lacking. You might find that while you eat plenty of whole grains, you aren’t getting enough fruits and vegetables on a daily basis, or that you aren’t drinking enough water for proper hydration.

Another way it helps you is by tracking what you eat in order to lose weight. You can see where your biggest issues are with food and work to improve them.

**It Helps You Notice Various Ailments**

There may be physical ailments you are dealing with that aren’t made obvious right away. Start a journal and write down how you are feeling on a physical level every day.

Be honest and pay attention to your different body cues. Perhaps you have a headache one day, and another day your stomach hurts. Also write down what you were doing, eating, and drinking that day. You may soon notice patterns, such as always getting headaches when work is stressful.

**You Can Keep a Schedule of Activities**

If you are working on your fitness, the journal is a great way to keep track of your daily physical activities. Perhaps you want to do arms and legs on alternating days if you do strength training, and having a little calendar in your journal helps you keep track.

You might also want to follow the trends of your regular physical activity each day by wearing a pedometer or fitness tracker and recording the data in the journal each day. There are a lot of ways to use a journal for your physical health.

**Identify Triggers For Emotional Eating**

Emotional eating is unfortunately very common, often stemming from stress or anxiety in your life. You feel sadness, depression, anxiety, or other issues and you use food as a way to cope with it, similar to how people use substance abuse to deal with their problems.

If you know you have been emotionally eating, but don’t know why, journaling every day can help you look for patterns.

**Different Methods of Journaling**

You don’t have to feel forced to keep a certain type of journal, since there are so many different ways to use one. Here are just some of the many methods of journaling you can use.

**General Journal**

The first method of journaling is the most traditional form, which is where you simply write down your thoughts as often as needed.

You might write in the journal a couple days a week when you have the time or a reason to do so, or you may journal once a day at the end of the day, similar to keeping a diary. This method is the most flexible since it is really up to you how you want to do it.

With a general method of journaling, the frequency, what to include, and type of journal organization you use is entirely up to you.

**Bullet Journal**

This is a newer form of journaling, but one that is getting popular very fast. Bullet journaling provides a way to keep track of everything in your daily life, including finances, goals and bucket lists, family life, work, mental and physical health, and tons more.

With bullet journaling, you are using primarily symbols and short words or phrases to discuss different things instead of full pages of writing like with a general or standard form of journaling. It also has an index and page numbers since there are so many different sections in the journal.

**Dream Journal**

There are journals about a specific topic, such as your dreams. If you are someone with confusing, elaborate, or vivid dreams, this is the perfect journal to keep.

You can have a dream section in a bullet journal, or dedicate one small journal to nothing but recording your dreams. It helps to write them down immediately upon waking, as you will forget them rather quickly.

**Gratitude Journal**

A gratitude journal is one where you aren’t just talking about all your thoughts or what you do day to day, but actually only talks about the good things. It is meant to help you practice mindfulness and live a happier life through gratitude.

You look at the positive parts of your day, no matter how big or small they are, and put those in your journal. By doing this, you are able to focus more on the things in your life and dwell less on the bad things. Over time, you can start to heal and live a more optimistic life.

**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.

**Motivate Yourself to Journal Daily**

Knowing why you should journal is just the beginning; you then need to motivate yourself to keep up with it. It is generally recommended that you write in your journal every day, but at least doing it on a regular basis can be helpful.

Look at these easy ways to motivate yourself to keep writing in the journal.

**Have a Good Reason to Keep a Journal**

First of all, you need to know exactly why you are journaling in the first place. You really need to think about the benefits of journaling and decide what your personal reason is for writing in the journal.

This is often a personal decision, such as wanting to figure out why your anxiety or depression has increased, or wanting to express your feelings in a way where you feel safe and not judged. Decide what your individual reason is, and it will motivate you to keep writing.

**Choose the Right Type of Journal**

The journal you write in also makes a difference in motivating you to use it. If it is a large journal that doesn’t fit in your purse, you probably won’t use it often.

It should be something you could access at any time, such as putting it in your laptop bag, briefcase, handbag, or even the glove box of your vehicle. The mood may strike during your lunch break when you’re in the lunch room, and it helps to have the journal available at that time.

**Decide On a Method You Want to Use**

There may also be a certain type or method of journaling that becomes more motivational to you than other methods. It is possible you are not someone to write long sentences and paragraphs, you really enjoy keeping track of everything with bullet journaling.

On the other hand, when discovering different forms of journaling, you may want o simply keep a regular daily journal or a food journal if you are trying to lose weight. Find the type of journal you want to keep, and you will find the motivation to continue doing it each day.

**Make it More Creative**

Perhaps what will motivate you is making journaling more interesting. You could be someone ho enjoys colors and pictures more than plain text, so if you have fun colorful pens and various art supplies, you are much more willing to keep up with your daily journaling than using a plain black or blue pen.