

# MINDFUL JOURNALING

**Journaling is a form of self-care as you write down all your thoughts and feelings without judgment. This will help you become mindful of the things happening in your life and realize the things that are worth focusing on. Also, it can help you have a sense of relief as you release whatever you've been wanting to say to anyone or to yourself.**

## TIPS TO HELP YOU GET STARTED WITH JOURNALING:

1. Get ready with your journal notebook or any piece of paper. This can help you have a more personal space for yourself.
2. Write the date to help you stay focused on the present day. This can also serve as a reminder that you will not dwell on the past experiences or our worries.



3. Reflect and start writing where you are at the present moment. You can describe your situation, the relationships you have, your career.
4. Write it all out. Start with anything you want to write. Don't edit or censor it. It's okay if your grammar is wrong. Just write all your thoughts and feelings.
5. If there's someone that is disturbing you, make sure to address it in third person just to give space to what's been bothering you. Don't forget to include the learnings that you've gained.



6. Have a sense of gratitude. Make it a habit to list down all the things you are grateful for. This will help you feel good about yourself, your life, or even your relationships with others.



7. Take a deep breath. Write down the goals you have for yourself, any questions that you have in mind or anything that concerns you. Just let yourself write whatever comes to mind. It's okay if you don't have the answers yet. Just take it one day at a time.
8. Do this everyday to help you track your progress and accomplishments, no matter how small it is.

**This activity should help you identify your problems, give you the space to let go of them and also track their progress.**





*Date:*



To learn more about how to improve your wellbeing and mental health, get in touch with our wellbeing coaches today: <http://bit.ly/MNhelp>



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