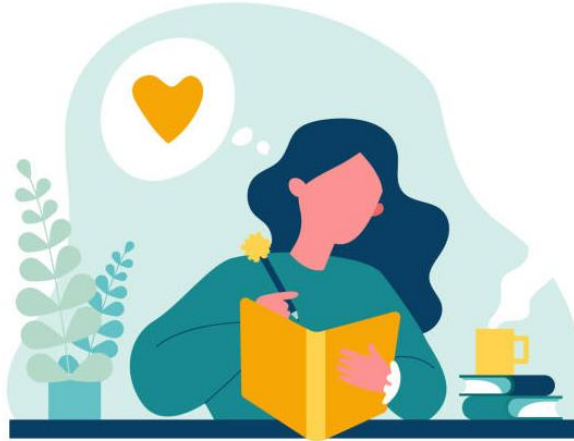


# Wellbeing Tip of the Week

## Journaling (part two)



Last week, you may have started or continued to write down and think about the things in your life that you are grateful for. Daily gritudes are effective in changing our perspective because they help our brain scan the world for positives, rather than negatives. Taking this one step further with journaling enables us to reflect on our experiences and plan for future goals. If you don't do this already, here are some tips to help you get started:

1. Aim to write in your journal at the same time each day, and link this in with something you already do at that time, such as after dinner, or on the bus/train on your way home
2. Use a notebook, or buy a journal or diary so that you have one place where you can make all your entries
3. There are no rules to what you should or shouldn't write – you can simply write your thoughts as they come into your mind
4. Avoid setting a specific time limit but instead aim to write at least three sentences each day.
5. If you're stuck for writing topics, here are a few you might like to try:
  - What has been worrying me lately?
  - What I love most about myself?
  - What distracts me throughout the day?
  - What are my goals this week?
  - What matters to me the most?

If you'd like to find out more ways to practice gratitude, have a read of this article: <https://parade.com/1223325/kaitlin-vogel/attitude-of-gratitude/>