

JOURNALING FOR WELLBEING

A write for your Life guide



Journaling helps you to connect to yourself, process experiences and make sense of the world. It can relieve stress, help you to express yourself and so much more. These exercises for wellbeing will help you to:

- **Get out of your head**
- **Be mindful**
- **Be grateful**

THE EXERCISES

Instructions

- Set a timer, even if it's for 2 minutes - you can always write for longer if you get into the flow
- Keep your pen moving, do not edit or look back - no grammar or spelling required
- Go where your pen goes, trust it'll be useful - even if it's off topic
- If emotions arise, write about them or make a note to return when you have more time
- For each exercise, reflect on what you wrote, read it out loud (even if to yourself) for extra perspective.

Externalise the internal: *'Whine Bar'*

Running a workshop in a wine bar gave me inspiration for this exercise. Sometimes it's really hard to feel safe to be negative and have a good moan, or a whine. Here, I invite you to really get stuck in. List everything that's annoying or irritating you, that's frustrating etc. We're human and we're allowed to feel these things, it's OK. Your journal is a safe place where you can indulge, feel it and move on. So externalise those feelings and thoughts and give yourself a little freedom.

To be mindful: *'Six senses'*

Bringing yourself into the here and now - being mindful - can be transformative, either proactively or reactively, if you're feeling stressed, overwhelmed, anxious etc., this exercise invites you to write about everything you're experiencing, right now. What do you hear, see, feel, smell, taste, are you warm, cold, comfortable, etc. When you've finished, take a nice big breath. You can also choose to focus on what's going on outside of you if that feels better.

To be grateful: *'Gratitude bombing'*

This exercise is always guaranteed to make me feel good. The idea here is to pick one thing you're grateful for and dig into the detail. So don't just say 'I'm grateful for holidays,' what is it about holidays? For me, packing and unpacking are two of the best bits (I know ...). You can just write about the thing you're grateful for or you can write it as a love letter, which is what I like to do. It doesn't matter if it's not a person, it works just the same. You can start by writing, 'Dear [think you're grateful for], here's what I love about you...'

These exercises are never meant to replace meaningful one-to-one work, but can be really profound when used alongside therapy, coaching etc.



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Other guides in the series

Journaling for decluttering for headspace
Finding journaling prompts

I hope you found this guide useful. For information on creative journaling courses and workshops, contact me, Claire at: Cpsdayoff@gmail.com or go to Clairepearce.uk.