

# JOURNALING FOR HEADSPACE

## *A write for your Life guide*



### Benefits of journaling for headspace

- 'Get it all out' on the page and out of your head - stop the spin cycle
- Step back and review what's going on - get perspective and insight
- Refocus and choose where to put your energy

### 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

## THE EXERCISES

If you're in overwhelm, anxiety, worry or stress, these exercises are designed to help you 'get it all out', and give you some much needed headspace along with insights and perspectives so you can get some energy back and refocus.

### To 'get it all out' - Exercise: '*Brain dump*'

A brain dump is simply getting out everything that's swirling around your head and onto the page. You can do it as a list, a mind map or just free-write (instructions above). And breathe...

### To review what's going on - Exercise: '*Police report*'

Once you've done the *Brain Dump*, is there one thing or theme that stands out? Pick whatever you're drawn to and do a deep dive. Write about what's happening in this area in as much detail as you can. This is guaranteed to give you perspective.

### Refocus and choose - Exercise: '*Manifest Memoir*'

Now its time to focus on where you want your energy to be. Write as if what you want is already happening. How do you feel, how are people responding to you? Again, go for the detail here. If you aren't 'in' anxiety, overwhelm, etc. at the start, you can do this exercise first to set the scene and then do the *Brain dump* and *Police Report*.

### Other guides in the series

- Journaling for decluttering for headspace
- Journaling for calm
- Journaling for clarity and focus
- Journaling for Building teams
- Journaling for breaking ice
- Journaling to develop meaning and purpose
- Journaling for brainstorming ideas
- Journaling to support wellbeing



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*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*