



# Journaling Techniques For Mental Health

**Length:** 1hr

**Delivery modes:** Onsite & Virtual Presentation; Pre-recorded tutorials.

**Details:** It is said that writing thoughts and feelings on paper is a way to get things off your chest – facing fears, understanding personal challenges, setting goals and sharing successes in a non-judgemental space. Journaling can be used as a therapeutic processing tool – helping individuals identify negative thought patterns, understand personal triggers and visualize goals. In addition to living a healthy, balanced life, journaling can be used to overcome anxiety, relieve stress, and manage symptoms of depression. A number of benefits can be experienced from a consistent journaling practice, including:

- Increased clarity of thought
- Enhanced self awareness
- A boost in positive mood.

Content for this session includes:

- Tips for Starting a Journaling Practice
- Using Journaling as a Coping Strategy
- Journaling for Self Growth
- The Mental and Emotional Health Benefits of Journaling

Connect with WORKBLIS to discuss requirements - [hi@workblis.com](mailto:hi@workblis.com)

*This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.*