

Leading with cULTURE

Journaling: A Tool for Life



We can fully experience life events only when we reflect upon them and understand their impact on us. Memories faint by the day and when we try to go over and over a particular event, our mind plays tricks on us. That's where a journal comes in handy. Develop the habit of penning down your thoughts in a journal and you'll soon discover its therapeutic prowess.

Here are some short- and long-term benefits of putting pen to paper:

- Helps manage stress, anxiety, and depression
- Allows expression and release of painful memories
- Builds confidence and control
- Provides clarity to jumbled thoughts and feelings

Introducing a few types of journals you could keep...

- **Thought Journal:** Pen down your thoughts and reflect on them
- **Self-Compassion Journal:** Focus on your emotional experiences and practice compassion
- **Gratitude Journal:** Express thankfulness and dwell on positive experiences
- **Vision Book:** Write down your goals and dreams and work towards them
- **Bullet Journal:** Organise your tasks for the day and check them off

So let the words flow! Here are a few prompts that'll help you get started.

- 'What am I grateful for today?'
- 'What made this a troublesome event for me?'
- 'What would I say to my younger self in this situation?'

Stay tuned for more wellness tips!