

Journaling apps and its effects on mental health

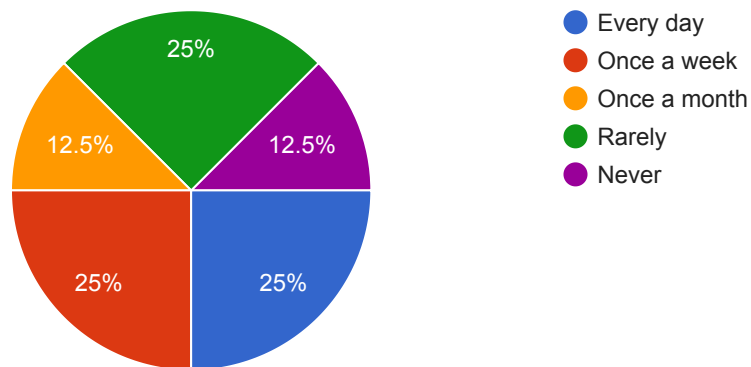
8 responses

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How often do you journal?



8 responses



What motivates you to journal?

8 responses

Keep track of my feelings

I would say stress. When I have a lot in my mind it helps to write everything down, things that stress me. I feel much better after writing a few hundred words.

Creating future self and to process my thoughts

I don't journal at all

Being able to read about the things that are currently happening in my life sometime in the future motivates me.

When I hear in an event or from a friend or social media posts about the effects on journaling on your well-being and how it's an act of self-care.

I think the fact that it's a very cool way to remember your day and every single detail.

Self care ads. Whenever I feel down and read some motivational stuff they suggest



In what ways does journaling help you?

8 responses

Reduces my anxiety and clears my head

As I mentioned above, it helps me reduce my anxiety and pour my thoughts on the paper or screen

Stay clam and understand my thought process

None whatsoever

It helps me in organizing my thoughts and priorities.

I think it makes me feel like I'm in control of my life and how I feel about things.

Helps me remember my feelings, keep track of stuff like my cycle, things I owe to people or things people owe to me, etc. Basically the stuff that can be forgotten very easily.

I don't exactly know because it has been a very long time since I last journaled. It's very hard to commit to since you easily tend to forget especially when you have a lot of



Do you use an app or paper to journal your thoughts and feelings? Why?

8 responses

App

An app mostly. Because I want to be able to restore and see them later on which is really fun and nostalgic.

Paper as It helps me be more connected. Sometimes I use my computer for convenience if I'm in a hurry or wanna write faster

I do not

I always use my notes app on my phone/laptop.

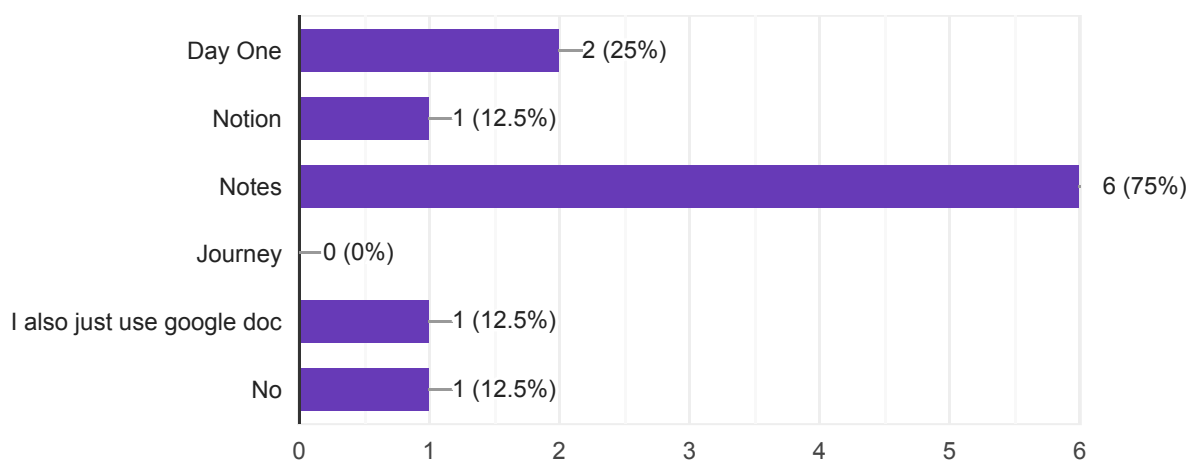
I use apps. Much more convenient, also your entries can be locked and no one else but you have access to them.

App because keeps everything safe and organized.

I would use paper. It's old school and the very act of writing helps you calm down I think,

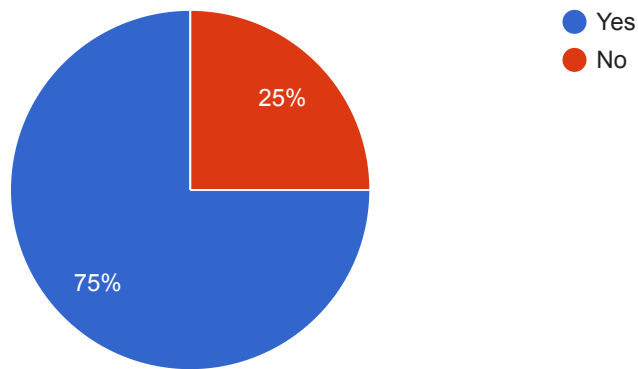
Have you ever used any of the apps below?

8 responses



Would you like your app to suggest writing prompts?

8 responses



What would you like to see in our journaling app? In other words, what do you like to see that you think will motivate you journal more often?

8 responses

Curated questions

Fun theme, soft colors, very organized calendar, easy to use, and secure. Data security should be very a priority for any writing app.

Reminder, short and succinct prompts

Since I don't really use them, I honestly am not sure how to answer this

I like adding music and pictures to my daily journal.

Notifications from the app that remind me every night before sleep that I have to write about my day.

Hmmm I think it would be cool if the app would remind you about a note you wrote on the exact day last year or have the weather forecast and then remind you of what you wrote last time it snowed..

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