

# Self-Care Activity

## Journaling

Journaling can be immensely helpful in processing events and emotions, in understanding yourself better, and in setting forth plans that will improve your life and help you thrive. Research suggests that journaling even helps to manage anxiety, reduce stress, and cope with depression.

If you'd like to make journaling a regular part of your self-care routine, consider these tips:

- **Try to write every day.** Set aside a few minutes every day to write.
- **Write whatever feels right.** Your journal doesn't need to follow any certain structure. It's your own private place to discuss whatever you want. Don't worry about spelling mistakes or what other people might think.
- **Use writing as relaxation time.** This is when you can de-stress and wind down. Write in a place that's relaxing and soothing.

**Select one of the following prompts and write on that subject (in a notebook or on the back of this page) for at least 10 minutes.**

1. Unpack your day. What happened? What emotions came up? What did you learn? What will you do now?
2. Make a list of the things you'd like to say "no" to, and a list of the things you'd like to say "yes" to. What do you notice?
3. What do you enjoy most about your favorite hobby? How can you incorporate that into other parts of your life?
4. What is your greatest strength? Describe a time this strength served you well.
5. What is your greatest weakness? Describe a time this weakness held you back.
6. In the next year, what are 5 improvements you would like to make regarding your life? Create a plan to accomplish each one.
7. Write a letter to your future self, or to someone who has positively impacted you.
8. Write the words you need to hear.

### Citations

University of Rochester Medical College: <https://tinyurl.com/ydfgke6d>

## Resources:

### 52 Self-Discovery Prompts

Page Flutter blog

<https://pageflutter.com/52-self-discovery-prompts/>

### 50 Therapeutic Journal Prompts

Nerd Knows Life blog

<http://nerdknowslife.com/2018/06/05/50-therapeutic-journal-prompts-for-mental-health/>



For more information or support:

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