



Margaret Perry, LCSW

Mental and Behavioral Health Services

Writing in a Journal



1. Find a notebook or journal you like.

Choose a notebook or journal that you feel comfortable with and enjoy using. It can be plain or decorative, whatever suits your style.

2. Choose a time each day to write.

Decide on a consistent time each day to write in your journal. It could be in the morning to start your day, during lunch as a midday break, or before bed to reflect on your day.

3. Write about your day, how you felt, and why. Don't worry about grammar or spelling.

Start by writing about your daily experiences, your emotions, and the reasons behind them. Focus on expressing your thoughts freely without worrying about grammar or spelling.

4. If something is bothering you, write about that too.

Use your journal as a safe space to explore any issues or concerns that are troubling you. Writing about these can help you process and understand them better.

5. Look back on what you wrote sometimes to see how you've handled past stress.

Periodically review your past entries to gain insights into how you've managed stress and emotions over time. This can help you recognize patterns and personal growth.

This guide can help you establish a regular journaling practice to support your mental health and well-being. Writing in a journal can be a powerful tool for self-reflection and stress management.