

# Journalling

Journalling can be a gentle way to pause and reflect on your wellbeing. There's no single 'right' way to do it. What matters is finding a style that feels natural for you.

## DIFFERENT WAYS TO JOURNAL

There are lots of ways you can journal - this can be in any format that suits you, such as handwriting in a paper-based journal or notebook, recording voice notes, or using apps on your phone. Some people enjoy writing longer pieces in a conversational style, while others prefer spending just a few minutes a day making short notes, perhaps jotting down a couple of things you're grateful for or noting your energy levels. You could start by making a few notes at the bottom of this page or use the Gratitude Journal tool.

## HELPFUL PROMPTS WHEN JOURNALLING

Here are some journalling prompts you can use if you'd like a little inspiration to get started.

- **“I think that...”/“I feel like...”**  
Separating yourself from your emotions and thoughts (for example, “I feel like I have messed up” instead of “I have messed up”) reminds us that our thoughts are not always factual and do not define us, enabling us to take a step back.
- **“Right now, I feel like I need...”**  
Recognising and tending to our needs is important, and writing them down can help.
- **“I can be kinder to myself by...”**  
This prompt encourages self-compassion and may help you to avoid ruminating, self-blame and unhelpful thinking styles.
- **“I felt stressed/anxious/low today because...and I was able to overcome this by...”**  
This prompt enables us to acknowledge and respond to moments of distress, and to recognise when we can move past these moments and overcome them, which can help to reassure us that we can get through future struggles too.

## YOU CAN USE THIS SPACE TO JOURNAL

