



Journaling Practices for Balancing Stress

Self-reflection helps us acknowledge our thoughts and gain an outside perspective on them. That can lead to making daily choices in crisis time which will help establish more balance and mental well-being.

One of the best ways to de-stress is to journal and allow ourselves to get creative. Creativity isn't solely artistry, it is the process of problem finding and solving with value, relevance and novelty. Currently revered as the most important business skill needed today, creativity strengthens observational skills, deepens empathy and increases agility. It takes courage to get creative and do something outside your normal routine. The experience of sharing ideas and acquiring the skills to push through discomfort while attempting something new is a total confidence booster. When you feel confident, you tend to make decisions that are good for you and your health and you feel more balanced.

Psychologists have documented the positive effects of practicing gratitude on our emotional and physical health. So why not grab a notebook to record the things you're grateful for or start writing down one good thing to focus on and start your day? Doing this daily will retrain your brain to switch directions so that when setbacks do occur, you recover more quickly.

Three of my favorite go-to writing exercises to balance stress and inspire my journaling practice are on the next page. I encourage you to get creative and utilize the "power of doodling" in your journal. For example, once you capture your thoughts in words, go back and color, collage and/or doodle your thoughts as images in the free spaces. Level up and use the page adjacent and be your own Picasso. Choose a color that captures the feeling of your entry to color around your words, paste pictures on the pages, find stickers that inspire you.

It's your journal, do what you like!

3 Journaling Practices to Balance Stress

1

2-minute Awesomeness Practice

Write down these sentence prompts:

- I am grateful for...
- I will let go of...
- I will focus on...
- I will find joy in....

Set a timer for two minutes and complete these sentences. No self-editing! Just capture your thoughts as they come.

2

First thought, Best thought

Set a timer for 30 seconds and write down all the thoughts you have had since you first woke up. After the timer goes off, read through your list and highlight your best thought. Then journal about your best thought, such as how it can influence your day, inspire your thoughts, motivate your goals and/or how it can keep you grounded.

3

Mirror Expectations

Expectations aren't always realistic and can be stressful when we don't have clarity around them. Journal to complete these sentences about a recent stressful situation:

- What I expected...
- What it actually was...
- What I learned...



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