The Power of Journaling

Journal writing can be an agent for healing and change.

Writing out your thoughts and feelings can help develop insight, compassion for self, and body awareness. The act of writing out your thoughts and feelings can be very helpful when your brain feels as if it is overflowing. Feelings of being overwhelmed can make someone feel “stuck”. The art of journaling can help relieve feelings of being overwhelmed. Below are three different prompts to help guide your journey towards mindful journaling.

WHAT IS HOLDING YOU BACK RIGHT NOW?

IS THERE SOMETHING YOU’RE AFRAID OF?

WHAT HELPED YOU OVERCOME A SIMILAR CHALLENGE IN THE PAST?

Belly Breathing is a great way to calm down when you are feeling upset.

Imagine that there is a balloon in your belly. As you take a deep breath in through your nose, try to fill up the balloon so that your belly puffs up.

Now breathe out through your mouth and let all of the air out of the balloon.

Inhale...2..3..4 Exhale...2..3..4

Repeat until you are calm.
Practicing Self-Care During Anxious Times

What to do when feeling afraid, overwhelmed, anxious, or panicked:

When things feel uncertain and unknown it is normal to begin to experience feelings of increased anxiety, stress and fear.

Fear and stress are good things that can help our body have the energy and hormonal responses we need to get through a hard time. In moderation, stress and fear can help us stay focused, alert and aware. However, stress becomes a problem when it stays stored in our system for too long, or we are in an environment that is causing us more stress than is helpful. Likewise, fear becomes a problem when it takes over and we have a hard time with thinking, resting, eating, connecting, and simply continuing with our daily routine.

Currently, we are constantly receiving new information and feel uncertain about what will happen next, it is normal to experience feelings of fear, sadness, and confusion. Self-Care can help you regain your power and help you connect back with who you are. Self care can be any activity as long as there is an intention to being kind and compassionate with yourself. Self-Care includes activities that can help your body rest. Below are ideas to help create your Self-Care To-Do List.

“I Am Taking Care of Myself Today”

DON’T FORGET TO EAT MINDFULLY WITH THIS EASY FUN YUMMY RECIPE!

When you eat, bring your awareness to the sensations that you are experiencing - love what you eat, approach it with curiosity. Ask yourself, “What does this taste like?” “What does this smell like?” Notice the sensations that you are experiencing in your body.

Below is an easy recipe you can create to practice mindful eating, feel free to add chocolate chips for extra deliciousness!