



JOURNALING FOR HEALTH

Journaling can be used to clarify any issue in your life. Journaling gives you the opportunity to stop, pay attention and listen to yourself. It has no rules. Messiness, typos, poor writing are all OK. Journaling is easy to do. Just start writing down your thoughts

Journaling has many MANY benefits. Here are just a few of the many benefits:

1. Provides opportunity for self-discovery;
2. Reveals your greater potential;
3. Enhances self-expression;
4. Builds self-confidence and self-knowledge;
5. Empowers YOU;
6. Brings out natural beauty and wisdom;
7. Helps you feel better about yourself;
8. Improves self-trust;
9. Strengthens your sense of yourself;
10. Stimulates personal growth;
11. Helps you organize thoughts and ideas;
12. Bridges inner thinking with outer events;
13. Focuses and clarifies your desires and needs;
14. Aids in connecting causes to effects;
15. Clarifies thoughts, feelings and behavior;
16. Acts as your own counselor;
17. Releases pent-up thoughts and emotions.

Gratitude Journaling

Each day make a list of things you are grateful for. Try to think of as many things as you can, big things and little things. For example, I am grateful (thankful) for loving family members, safe home, nutritious food, friends, brain that can learn, favorite color of shirt, warm shining sun, etc. Gratitude journaling is easy to do. You might be surprised to learn that such a simple form a journaling is actually a powerful brain changing tool. When you practice gratitude journaling, the emotional center of your brain becomes cooler. SAY WHAT!?

Here is how it works. When the emotional center of your brain is negative (i.e. depressed, sad, everything seems wrong, angry) it is hotter than the rest of your brain. It is like looking at your

world through gray-color sunglasses. Everything seems worse than it is and it is hard to see the positive in situations and it is hard to be happy. NOW, when the emotional center of your brain is positive (optimistic, happy, easy to see the bright side, relaxed) it is cooler than the rest of the brain. It is like you are looking at your world through rose-colored sunglasses and you are naturally happier, uplifted, encouraged, less easily stressed out. **When you practice gratitude journaling, the emotional center of your brain becomes cooler. How COOL is that!? 😊**