



Journaling as a Stress Management Tool

Everyone experiences stress from time to time, but it can lead to a whole host of health problems if left unaddressed for long periods of time. One of the most common tools used for stress management is journaling. Getting your thoughts and feelings out of your head and onto paper can help you uncover the root causes of stress, so you can address it more effectively.

Journaling removes you from the situation itself and invites you to become an observer. By stepping back from the strong emotions tied to a specific event, you are able to see it differently.

Journaling can take many forms, and there is no wrong way to do it. Here are some different ways to journal:

Gratitude Journaling

Counting your blessings is beneficial to your health. Gratitude journaling involves taking inventory of what is going well, helping you to refocus your attention on the positive aspects of your life. In fact, [research⁶](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4927423/) has shown that gratitude journaling can even improve your health biomarkers.

Freestyle Journaling

Writing without rules is the foundation of freestyle journaling. This open-ended format involves an uninhibited stream of writing. The objective is to simply release your thoughts and feelings as they come to you.

List Journaling

List-making can be an extremely helpful form of journaling when you need to find solutions to a problem. You might create a pros and cons list or brainstorm possible ways you could improve a situation.



Journaling is a simple stress management tool that offers helpful insights about the sources of stress in your life.

6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4927423/>