

THE ANXIETY GUIDES

# How to Journal Guide

PICK YOUR TOPIC

FIND YOUR TIME

FIGURE OUT THE HOW

KEEP IT SHORT

USE WRITING PROMPTS

BE FLEXIBLE

3 BONUS JOURNALING  
PAGES

IF THIS GUIDE WAS HELPFUL

Find a more information on journaling in my new book,  
[Take Control and Calm the Waves.](#)

## THE ANXIETY GUIDES

# How to Journal Guide

### 1. PICK YOUR TOPIC

Take some time to decide what you want to write about. For the purpose of calming your anxiety it may be helpful to explore your thoughts, feelings, and/or potential triggers. What are some underlying topics (person, place, event) that you are holding onto emotionally?

### 2. FIND YOUR TIME

Set a time that feels most comfortable to you. Some people find writing before bed helps them release nagging thoughts which aids in a better nights sleep. Others find that writing in the morning sets them up for a positive day void of their negative thoughts.

### 3. FIGURE OUT HOW

There are a few different ways to journal these days. You can go old-school and use a pen and paper, type it out on your computer, or record it on your phone.

### 4. KEEP IT SHORT

Don't make journaling feel like a chore. Keep your entries short and stick to one topic at a time. If you find your mind wondering to different topics just jot the thought down on the next page and start with it the following day.

### 5. USE WRITING PROMPTS

Not sure where to start? Or looking to add something different to your journaling. You can search for journal prompts or find Guided Journals in our Anxiety Worksheet Bundle.

### BE FLEXIBLE

Don't force journaling. If it becomes too emotional or difficult to fit it, take a break. You can come back to journaling at any time.

### IF THIS GUIDE WAS HELPFUL

Find a more in depth look at why journaling is a beneficial tool for anxiety in my new book, [Take Control and Calm the Waves.](#)

- August Rose





# Journal

