

# Journaling

Have you ever thought of keeping a journal or diary?

My grandmother used to say “better out than in”, bottling things up inside can be detrimental to your health. Holding on to past hurts or humiliations.

If you have things you may want to express but are afraid to share with others, try putting this down in a journal, even just taking some time out to write or draw can be very therapeutic.

\* Writing in a journal on a daily basis is a great way to work out things that are going on in your life. If you have a problem, writing out your thoughts can help you come up with a solution. Save your journals so you can look back and see what you were thinking about and doing days, weeks, and months ago!

\* There is no right or wrong way to keep a journal. Some people write in the style of a letter. Others make lists, draw pictures or write stories. It's totally up to you.

\* Write memories, dreams, things that have happened, things that you want to happen, thoughts, and feelings.

Practice writing in a journal for a few weeks and see what you discover about yourself! Try it at different times of the day.

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