



The Power of Journaling

learn what makes you YOU

SAFETY FIRST

Your safety is important to us and so if you feel overwhelmed by anything that is presented here today, please send me a direct message via CHAT during this zoom session





Journaling is an opportunity for you to connect to your true self and create personal time just for you



- Declutters our thoughts
- Creates time for personal space
- Highlight strengths & weaknesses
- Provides an opportunity for growth
- Identifies areas to change or work on

Regular Journaling develops

Self Compassion

where we give ourselves
the same kindness
that we would give
to our friend

Self Validation

where you accept
your experiences,
thoughts and
feelings

Self Love

where you love
and take care of
yourself

Journaling is a tool for

Self Discovery

where we learn and
discover things about
ourselves

Personal Awareness

how we see
ourselves and how
others see us

Personal Development

where we set goals
to improve ourselves

Journaling helps us recognise triggers and learn better ways to manage them



By becoming more familiar with our feelings allows us to express ourselves better and with less emotion. This is very helpful in times of conflict or discussion

Life's problems are not as difficult when you feel you have the tools to manage them. Journaling Tools can help us make changes to work through some of these challenges

By recording our thoughts and feelings in a journal, helps us to reduce feelings of being overwhelmed or anxious

It's important to us that we feel we are heard. A journal will listen to you anytime, anywhere

When we take care of our feelings on a regular basis, our relationship with ourself and others improves

Rad
vibes
only

Understanding Self Care

Life is full of distractions. Technology can become an addictive distraction and a time stealer.

It takes a strong commitment to move against this distraction and take the time to listen to ourself and our needs

We can be very hard on ourselves and so learning to love ourself is important to our growth

As we listen to ourself we can respond to the needs that come to the surface. Again our journal is a tool to help us respond to those needs.

Unscheduled time is important to our self care. It also helps to reduce tension when unexpected things come up that we haven't planned for.

Unexpected time could be sitting down and recording in your journal or offering time to family and friends when they need it.





Feelings are the strong pull that can be like a storm within us, pulling us in many directions.

Our emotions can cause us to react (reactions) rather than with healthy responses (responding)



If a feeling has come up in your life today, chances are its a feeling you have felt before, maybe many times

Taking the time to listen and feel the feeling, can open up new levels of compassion and self understanding that you haven't experienced before

When our feelings are validated and heard, they can then settle and we can make a balanced choice for how to move forward

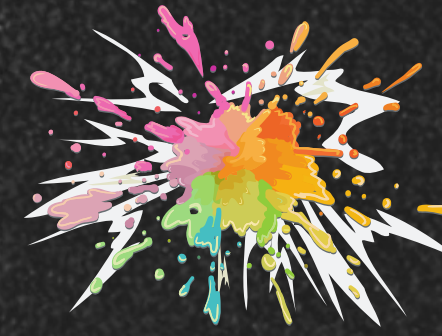




Have a private quiet place to write in your journal, free of interruptions. It is important to be alone



You do not have to show your journal to anyone. Have a secure place to store your journal.



Do not leave journals in areas where other people may pick it up

Healthy

BOUNDARY

Personal boundaries are important when journaling. The emotions and thoughts that pour into your journal will contain some comments that you will not want anyone else to read....and that's OK



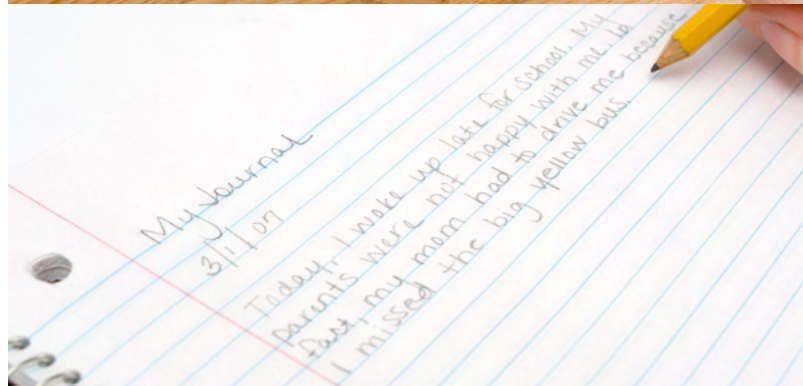
Different Journals

There will be times in your journaling when you will be clearing negative emotions or working through difficult problems

Emotional Release Journal:

This is mainly used for clearing negative emotions and working through difficulties, especially release through letter writing.

There is no need to re-read what you have written and so an exercise book is fine to create this journal



Different Journals

There will be times in your journaling when you will be focusing on positive thoughts and feelings and bringing in more gratitude, magic and love into your life

Positive & Inspirational Journal:

This can be used for positive affirmations, notes about gratitude, mindfulness and tools and techniques for navigating your life.

This is a journal you can keep and come back to at any time



I can The Power Of Positive Journaling *I will*

MODULE 2



**the power of
positive
thinking**

**positive
affirmations**

**the power of
gratitude**

**automatic
writing**

**understanding
feelings**

**magical
ABC's**

**your inner
circle**

**just
breathe**

**mindfully
connecting to
your senses**

**relax
your body**

**your
action plan**

**your
strengths**



You are
STRONGER
than you seem, &

DO NOT BELIEVE



**The Power Of
Positive Thinking**

It helps us cope with difficult situations by making us stronger

It helps us control our reactions and work on our strengths.

It helps us with problem solving

It helps us to love ourself and others



Positive Affirmations

Affirmations are self talk and are anything you say or think about yourself. This is a way of retraining your brain to think positive

Positive affirmations give us confidence and help to motivate us

Display them where you can see them and say these everyday, out loud with lots of expression

Try saying each one 3 x and if you have a phone you can record them

To start with try saying them in front of a mirror

THINK
POSITIVE



I AM



I AM



I AM



I AM



I AM



I AM

strong

I AM

unique

I AM

kind

I AM

strong

I AM

confident

I AM

powerful

I AM

beautiful

I AM

confident

I AM

enough

I AM

smart

I AM

special

I AM

enough

I AM

loved

I AM

honest

I AM

capable

I AM

loved

positivity
is
a super
power



1

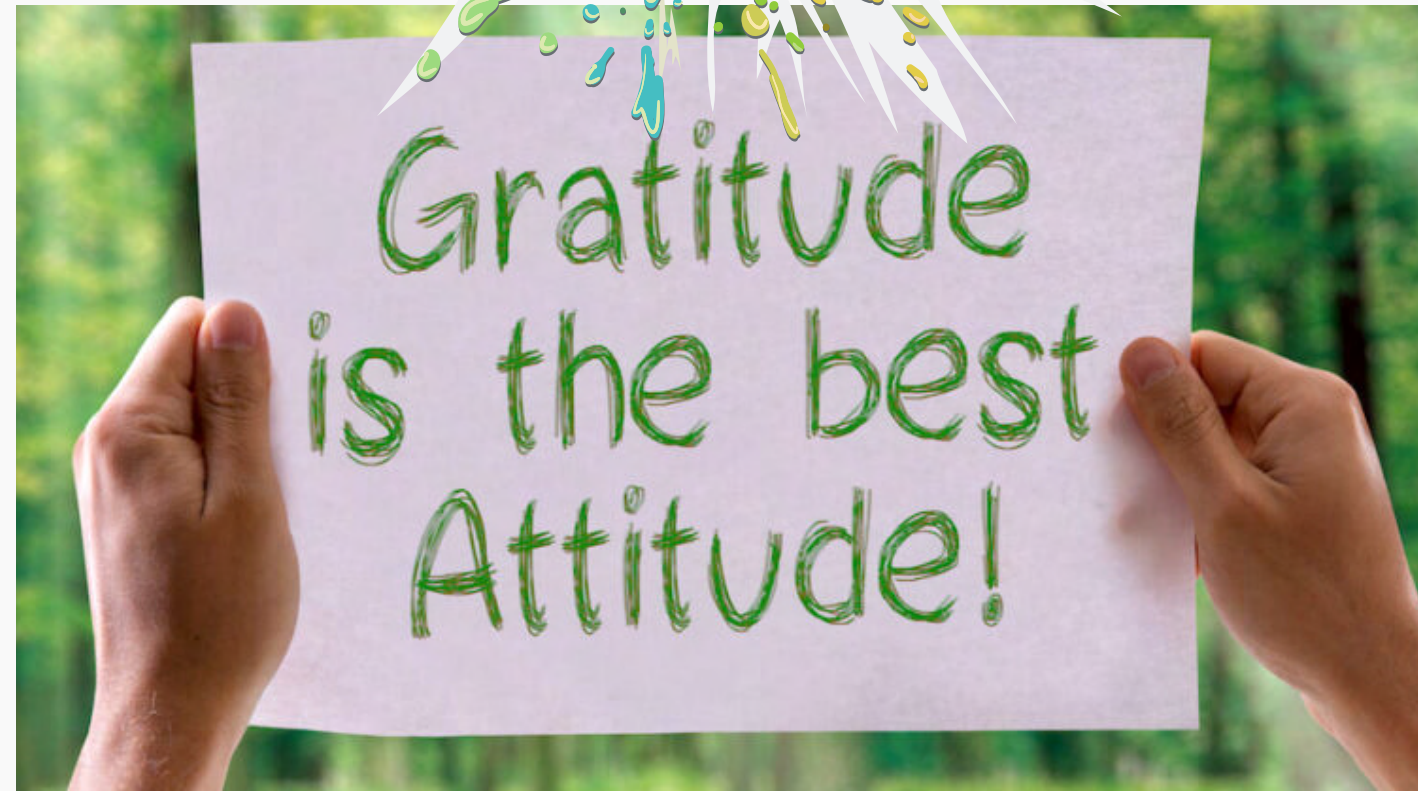
Journaling – What do you have in your life to be grateful for? Are you grateful for any people in your life? Record it in your journal

2

Connect with people – Show your gratitude in person. Show your appreciation and thank people for listening, for teaching you, for their gift or for being there for you

3

Doing kind things – Do something for someone that makes them feel good and you too for helping out. Notice how you feel when afterwards.



Mindfully think about when you thank someone you are also noticing something good that has happened and you feel appreciation.

How Do You Express Gratitude

4

Empty dotted-line box for writing.

5

Empty dotted-line box for writing.

6

Empty dotted-line box for writing.



Name a person you are thankful for

Name a place you are thankful for

Name a food you are thankful for

Name a thing you are thankful for

Name anything you are thankful for



Write what and who you are grateful for and place inside your gratitude jar

What I Love About My Family and Friends

What I Love About Where I Live

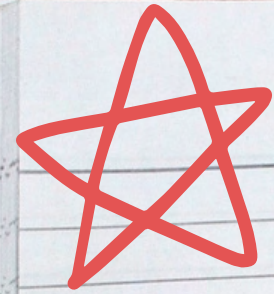
I love doing.....because

My Favourite Sport Is and what is so special about it

Open your jar from time to time and read your gratitude messages



Automatic Writing



Some Ideas

Who Am I

Write about your day

Write about your family

Write about your pet

Automatic writing is when we write non-stop, recording everything we are thinking with no format or structure. It is where our true feelings flow freely.

Write for as long as you feel you want to. Forget about spelling, punctuation and grammar. None of it matters when you are writing in your journal

By writing your thoughts and feelings down helps you to process them so that they stop the mind chatter

This is the perfect place to start when you are feeling confused and have things to get off your chest.

It is also a good opportunity to review your day. It is healing and helps you organise your thoughts

HOW ARE YOU FEELING?

Lets create a feelings list

A feelings list is great to use when ...

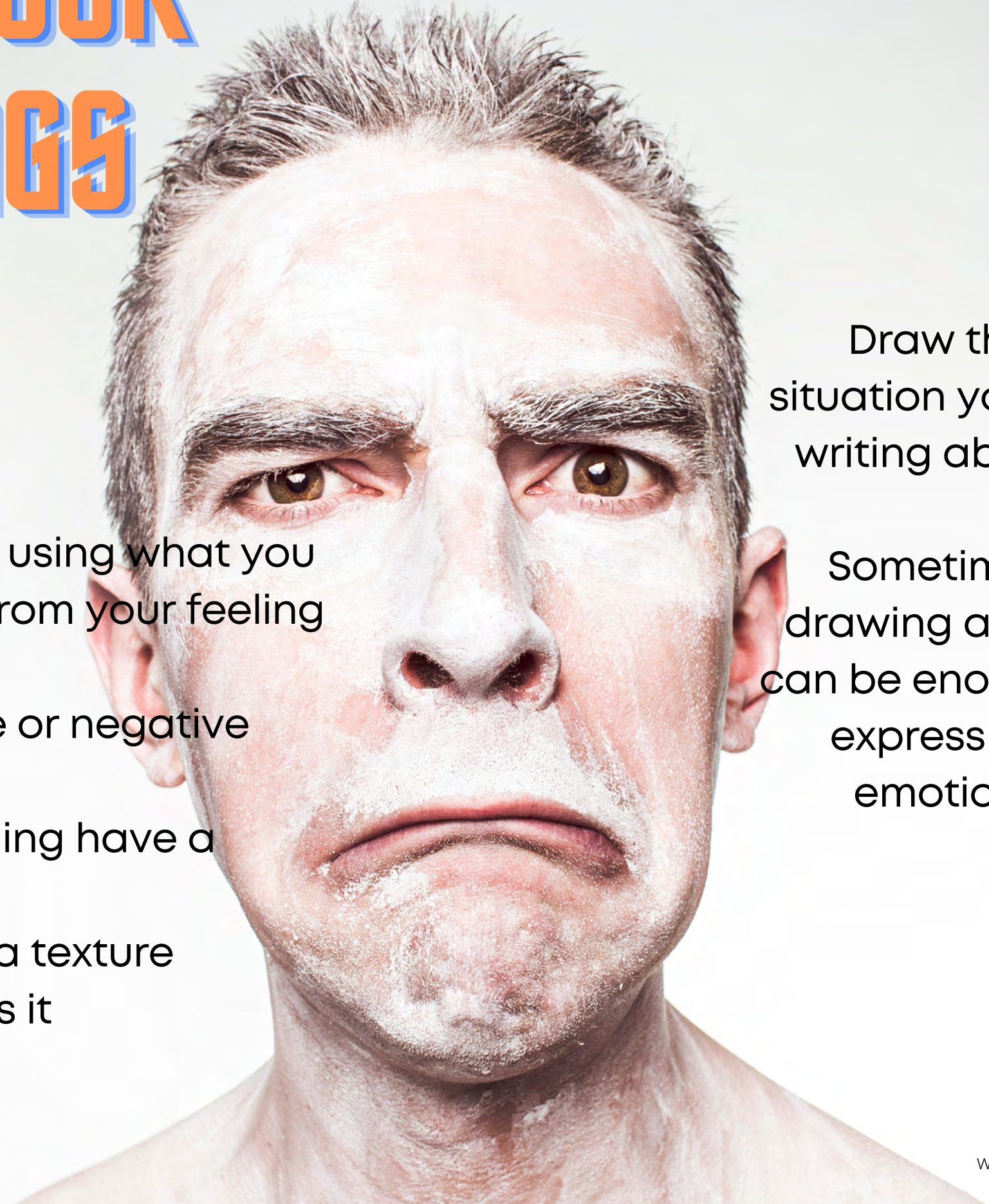
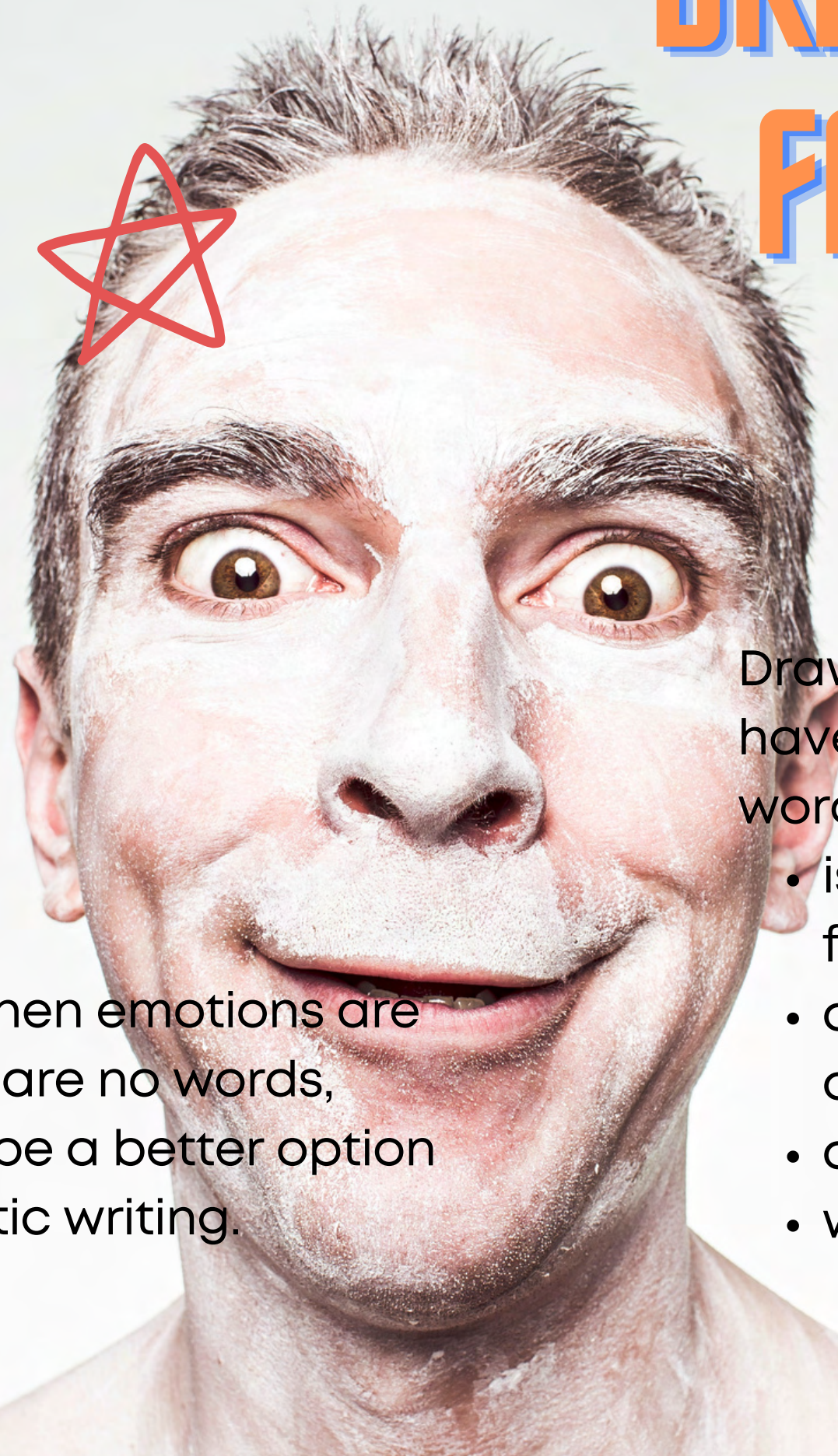
- You are not sure of how you feel
- you have mind chatter or your head feels busy
- you feel overwhelmed and confused
- you want to connect to your feelings and feel calm

It's OK to feel
your feelings

Pick 3 feelings
you have felt
today and auto-
write about
each one



DRAW YOUR FEELINGS



Sometimes when emotions are high, or there are no words, drawing can be a better option than automatic writing.

Draw the feeling using what you have identified from your feeling word list

- is it a positive or negative feeling
- does this feeling have a colour
- does it have a texture
- what shape is it

Draw the situation you are writing about.

Sometimes drawing a face can be enough to express an emotion

Magical A,B,C's

Go through the alphabet and name something magical in your life that begins with that letter.

A is for the clean **AIR** that I breathe

B is for the gorgeous **BIRDS** that are chirping

C is for my friendly **CAT**

D _____

E _____

F _____

G _____

H _____

I _____

J _____

K _____

L _____

M _____

N _____

O _____

P _____

Q _____

R _____

S _____

T _____

U _____

V _____

W _____

X _____

Y _____

Z _____



**WHAT WE
LEARN AND
WHAT WE
EXPERIENCE
BECOMES A
PART OF WHO
WE ARE**

Together
we can find the
solutions
to our
problems.

PROFESSIONALS THAT CARE FOR ME

Teacher Counsellor

Doctor

PEOPLE WHO LIKE YOU

PEOPLE WHO LOVE YOU

YOU

Your Inner Circle

This helps you understand who you feel safe sharing your thoughts or information with

Just because someone is in your life, doesn't mean that they should be in your inner circle

People earn the right to enter your inner circles when they have shown themselves to be trustworthy and respectful listeners



Deep breathing - the relaxation response

How deep breathing works: During periods of anxiety we can breathe faster and our muscles become tense.

When we deep breathe our breathing becomes deeper and slower and the symptoms of anxiety fade away.

Instructions for learning this technique:

Sit down or lie down in a comfortable position. You can close your eyes if you prefer.

Place a hand on your stomach. If you breathe deeply enough, you should notice it rising and falling with each breath you inhale and exhale.



just breathe

INHALE:

Breathe in slowly through your nose for 4 seconds

PAUSE:

Hold the air in your lungs for 2 seconds

EXHALE:

Breathe out slowly through your mouth for 4 seconds.

TIP: Pucker your lips as if you are blowing through a straw

REPEAT: Practice for at least 2 minutes, but preferably 5 minutes

When you recognise that you are beginning to get stressed and there are people around you.....then use this technique but breathe out through your nose instead of your mouth. No one will know. This is a secret weapon to remaining calm when you have company

Connecting To Your Senses

Our senses are with us
everywhere you go

This Mindfulness
technique changes your
focus from your thoughts
to awareness of what is
going on around you

It calms your body as you
recognise you are safe.
The more you practice,
the better you will get

**Mindfulness brings our focus back
to the present moment
right now - right here**

Ask: What are 5
things you can SEE

Ask: What are 4
things you can
HEAR

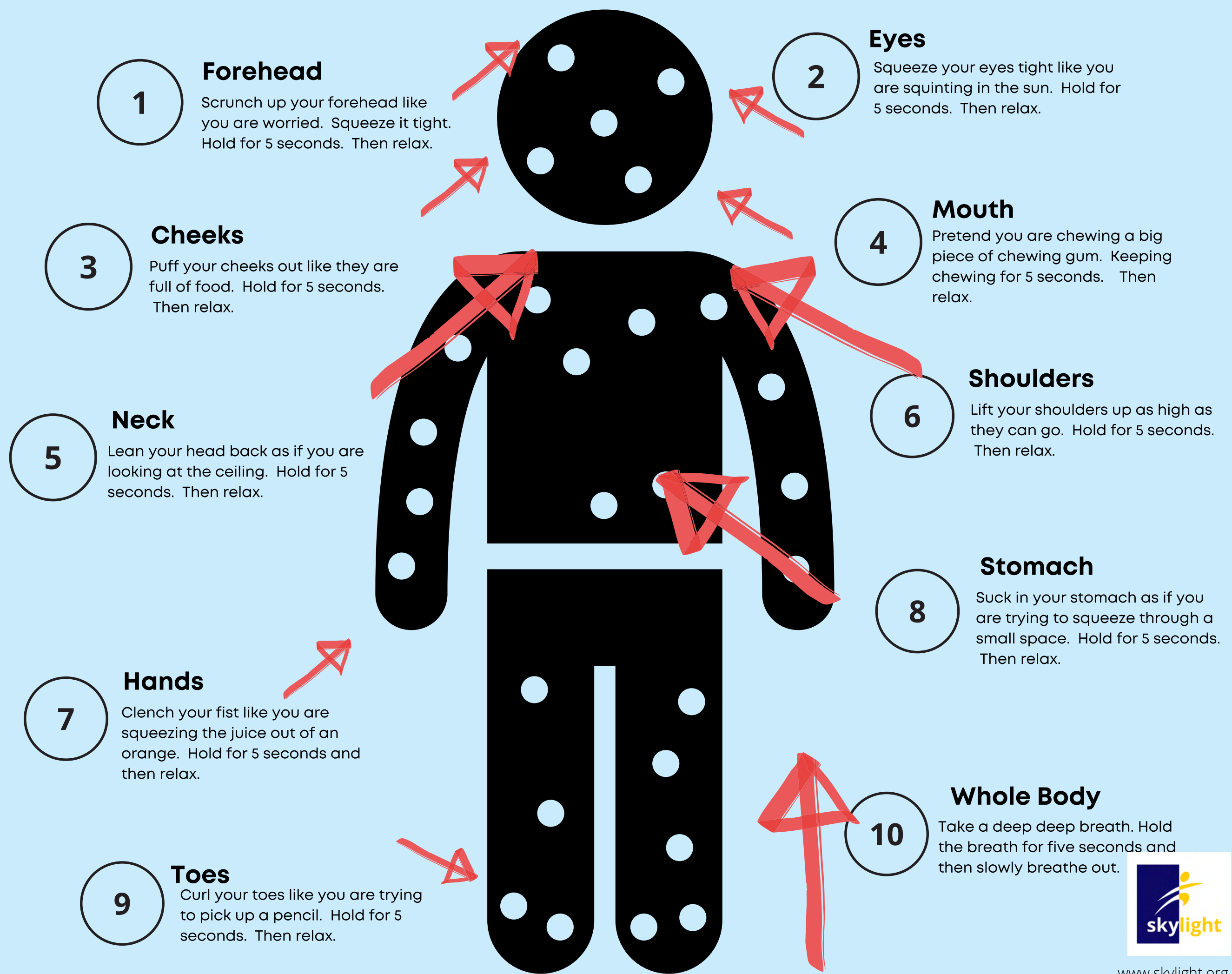
Ask: What are 3
things you can
SMELL

Ask: What are 2
things you can
TASTE

Ask: What is 1 thing
you can TOUCH

Use your body

Relax your body by squeezing your muscles, holding and releasing. Then take the time to notice how it feels. That's mindfulness!



I have to stand up and talk in class

What is making you feel uncomfortable or anxious?
This is called your **TRIGGER**

Example: Tight chest, hard to breathe, butterflies in stomach, cry, raise voice, grumpy, say mean things, feel panicky, shake, feel sick, get hot, you go to your room ...

I find it hard to breathe

I get hot

I withdraw from talking or activities

I say mean things

What do you notice about your behaviour when you are triggered?
WARNING SIGNS

Create your own action plan for when you feel anxious.
This will help you feel more relaxed and to think more clearly about the situation

What can you do as soon as you notice the feelings that you have been triggered?
This will help you to become calm?
ACTION PLAN

Example: Connecting to your senses, breathing, Journaling, Walk away, talk to your family and friends, read, body relaxation, laughing, watch tv, go outside

I think about my inner circle and see who I should share this with

I take a deep breath

I connect to my senses to distract my thoughts



Discover your Strengths!

Think about what your strengths are
and record them in your journal

**I accept responsibility for my actions,
good and bad**

**I tell the truth and can apologise when I
need to**

I have a good sense of humour

**I know when its okay to follow the crowd
and when to resist peer pressure**

**I put effort into making friends and
keeping them**

**I am a good listener and try not to
interrupt to much**

**I can ask for help when needed and have
ways of coping when frustrated**

**I don't argue when adult ask me to do
something**

I use words to express what I need or want

I can ask for help and learn from mistakes

I accept difference in others

I like talking to people

I am gentle with animals





**Questions from our participants
Please enter them on chat**

