

# BENEFITS OF JOURNALING THROUGH GRIEF AND ISOLATION

## ○ Reduce stress and anxiety

*Expressive writing has been shown to lower stress and anxiety levels.*

## ○ Improve your memory

*Regular journal writing can improve your short-term memory.*

## ○ Stay organized

*Keeping a journal helps you keep an organized record of your progress.*

## ○ Strengthen your self-discipline

*Journal writing helps you develop a regular writing schedule.*

## ○ Prioritize problems and fears

*Journal writing helps you to identify your triggers so you can solve them.*

## ○ Allow yourself to self-reflect

*Be sure to write honestly and make time for self-reflection.*

## ○ Clarify your thoughts & feelings

*Journal writing helps you to get in touch with your internal being.*



## Notes