

## Journaling

*An easy path to peace of mind and problem resolution.*

Do you ever experience:

- Difficulty going to sleep because there is so much on your mind?
- Waking up in the middle of the night worrying?
- Frustration, anger, or resentment over something that happened hours, days, weeks ago?
- Re-playing over and over a conversation or situation and how you could have handled it differently?
- Procrastination over a difficult conversation that you don't know how to handle?
- Procrastination over how to tackle something new?

You just feel like you can't get something out of your head. It's keeping you from sleep, enjoying the current moment or getting many other things done. The thought just won't stop, or conversely, you don't know where to start. Your brain is on overdrive and your body is feeling the wear and tear.

Just how do you break the cycle? A simple and easy process called Journaling. The only tools that you need are paper and pencil and twenty minutes of uninterrupted time.

*How do I do it?*

- Find a comfortable and quiet place.
- Set aside twenty minutes.
- Prepare yourself physically and mentally by relaxing first (e.g., take three deep cleansing breaths).
- Your choice of paper and pen. You can buy a journal and keep your writings or use paper that you'll just throw away, tear up, or even burn.
- No rules apply
- Don't worry about punctuation.
- Don't consider grammar.
- Forget about spelling.
- Don't worry about run on sentences or if one thought makes sense after another.
- Don't judge the validity of any thing you write.
- No editing needed

Just let the words flow – let your thoughts tumble out onto the page with all their associated emotions.

For best results make this a daily ritual. Research has shown that doing this for five consecutive days after a traumatic event will significantly improve your ability to move forward and achieve far better tangible results. It can lower stress, lift depression, and boost immunity. So clear out the mind chatter and create a more peaceful sleep and energized day!