

JOURNALING



This week's Nook Activity is here!

Pick up a printed copy of our
step-by-step guide outside of the OHP or
swipe through our IG/FB story to learn
more!



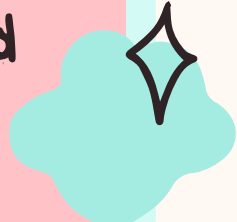
HOW DOES JOURNALING WORK, AND WHY SHOULD WE PRACTICE IT?



Journaling works on multiple levels:

It allows us to express our emotions,
which can support our well-being by
letting us organize thoughts and
feelings on paper.

This prevents thoughts from taking up
room in our heads, and gives us a chance
to reflect on the idea of cause and
effect in our own experiences



Journaling also helps ease our distress
when we're struggling, and has even
been shown to improve immune system
health!

JOURNALING GUIDE

There is no one right way to journal. Here are a few prompts for different types of journaling -- explore which is right for you!

EXPRESSIVE WRITING

To do this, you write continuously for 20 minutes (or however long feels right to you!) about your deepest thoughts and emotions around an issue in your life.

LYNDA BARRY LIST-MAKING JOURNALING

- 1) Make 2 columns & divide them horizontally. Write the date at the top.
- 2) In the top rows, write 7 things you saw and 7 things you did
- 3) In the bottom rows, write one thing you heard and one thing to draw.

BULLET JOURNALING

Log your calendar events, to-do lists, and diary entries in one place!

To learn more about the BuJo technique, scan the QR code below.



ONE LINE A DAY

Write one line (anything!) on each page of the journal every day of the year. Each year, you return to the page for that date and add a new line.

To learn more about this style of journaling, check out OHP's tabling event during Week 9 outside Sayles.



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