

# Journaling

## BOLDLY ME

Journaling is a method of self-care that helps many understand their trauma and clarify their emotions.



### Benefits

Journaling has been proven to improve sleep, build a stronger immune system, and process trauma.

85%

American Population

Suffer from low self-esteem

40%

American Adults

Struggle to fall asleep

### How Long to Journal For

Although journaling may seem like a daily task it is recommended during moments of stress or trauma. During this time you should write for 15-30 minutes for 3-4 days.



### Topics for Journaling

Journaling is a time to let go and explore your emotions. For many it helps clarify traumatic situations. If you are struggling to find a topic here are a few: Make a list of goals, write about someone you are grateful for, or write a detailed description of your dream day.

### The 54321 Challenge

Write 5 things you saw, 4 things you heard, 3 things you smelled that day, 2 things you ate, and 1 unique texture.

#### Sources

"[What's All This About Journaling?](#)", *The New York Times*

"[Writing to Heal](#)", *American Psychological Association*

"[Self-Esteem Journals, Prompts, PDFs, and Ideas](#)", *Positive Psychology*