Journaling...for your health

April 21, 2020

Did you know that journaling and expressive writing isn’t only a creative outlet but can also benefit your health physically, mentally and emotionally?

Journaling can help:
1. relieve stress
2. improve your mood
3. improve your immune function
4. keep your thoughts organized
5. improve your memory
6. set and achieve goals.

Children can also gain some of the same benefits as adults from journaling, like:

- helping them identify with their emotions or deal with “big feelings” in a healthy and safe way;
- improving their reading and writing skills;
- enhancing their communication skills (both written and verbal);
- taking advantage of an outlet for things that are difficult to express or uncomfortable to share;
- allowing themselves to feel “taboo” emotions like anger;
- examining the pros and cons of something to help them make a decision;
- reflecting on their thoughts about something after the fact (self-reflection);
- gaining insight into their own motives and the motives of others;
- seeing the positives as well as the negatives
So what if you find yourself stuck looking at a blank page, how do you get started?

Take advantage of your artistic license.
Consider including entries that resemble a scrapbook or a memory board, add photos or news articles, draw a picture with your eyes open or closed, reference a song or write a poem.
Allow writing prompts to offer encouragement.

You might create a list of your own prompts, search the internet for inspiration or, see what’s available from the Poughkeepsie Public Library and Mid-Hudson Library System.

Here are a few generated searches to help get you started: Creative writing; Journaling; Scrapbook*.

Write about how you feel at the end of the day?
Was it a good or a bad day; why?

Write about what makes you happy or what makes you smile. (They might not be the same thing.)

Did you see or read any stories in the news that made you feel something?
(maybe it has or will have significance to you or a loved one, or will impact your well-being or basic human needs.)

Dear Diary,…

For more information or other reference and collection development assistance, call the Reference & Information Desk at Adriance Memorial Library at (845) 485-3445 x 3702 or (800) 804-0092 x 3702.
Also consider submitting your journal entries via the online form: “Documenting COVID-19 in Dutchess County, NY.”

Help retell history to future generations by sharing your experiences, thoughts, and feelings.

Resources:

- [https://worditout.com/word-cloud/create](https://worditout.com/word-cloud/create)
- Documenting COVID-19 in Dutchess County, NY (form). [https://docs.google.com/forms/d/e/1FAIpQLSeYMO2m3vyRgmFukGU59OaAEKSh0yoUavimMUNerZLnuhDUxA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeYMO2m3vyRgmFukGU59OaAEKSh0yoUavimMUNerZLnuhDUxA/viewform)