

# JOURNALLING

# FOR INDIVIDUALS

# AND TEAMS

A guide to better wellbeing through writing



## What is journalling?

Journalling is the simple practice of writing your thoughts, feelings and emotions in a confidential, impartial and safe space.

## How does it help?

Reading what you've written can make you more aware of how you're feeling and help you notice habits, patterns and things to avoid. Journalling can help you put words to experiences and emotions that are often difficult to articulate out loud.

## How do you do it?

The art of journalling is in the process itself – there's no one right way to do it. There's simply you and your journal. You can write as much as you want, whenever you want, wherever you want.



**CHECK OUT OUR TIPS BELOW TO HELP YOU GET STARTED.**

## What if I'm no good at writing?

You don't have to craft pages and pages of beautiful prose – this is about expressing your feelings in words in any way that works for you. It could be bullet points or fragments of sentences or even drawings with words alongside. No one's going to mark your spelling and grammar!

## Should I share what I've written?

It's entirely up to you. You may feel you want to share some of your entries or thoughts with those closest to you or others in your team.

## Can journalling be a team exercise?

Absolutely! Journalling is an excellent way to foster greater understanding between team members and support each other's mental wellbeing.

However, if you're going to do this as a team, remember that not everyone will feel comfortable about opening up so set some clear boundaries and guidelines at the start to create a safe space.



## TIPS FOR STARTING YOUR JOURNAL ENTRY

**If you want to begin journalling for yourself or to kick off a journalling workshop with your team, here are a few prompts to help you get started:**

1. Begin by **'checking-in'** with a single word or sentence describing how you feel in that moment.
2. Pick a prompt to guide your sharing, for example:

### **'I feel...'**

This is an open prompt allowing you to freely express how you feel in whatever way you like.

### **'Today I'm grateful for...'**

Expressing gratitude – even for seemingly small things – can give you a sense of perspective and highlight the good in your life.

### **'Today I will...'**

Focusing on achievable goals can give you a sense of purpose, bring enjoyment and encourage you to think about what you want.

3. Add drawings, photos or any other kind of media to further your expression, if you want to.

