

Steps to Wellness

JOURNALING IS A WAY TO REFLECT ON YOUR HEALTH AND WELL-BEING. IT PROVIDES A FORMALIZED PROCESS TO MONITOR YOUR PROGRESS TOWARD WELLNESS. YOUR JOURNAL CAN BE A NOTEBOOK, A BOUND DIARY, OR A PAD OF PAPER. MANY PEOPLE KEEP THEIR JOURNAL IN A FILE ON THEIR COMPUTER.

JOURNALING

Benefits of Journaling:

- Reduces stress
- Helps highlight a problem or issue before it becomes a crisis
- Helps find solutions
- Articulates how you are feeling
- Provides a record of your progress

Getting started:

- Set aside a few minutes each day to write in your journal. Writing the first thing in the morning can help you plan your day. Journaling before bed can help you release anxiety for better sleep. Pick the time of day that works best for you.
- Find a calm, quiet, comfortable place to write. Turn off your cell phone, television, and computer. If you use your computer to journal, disconnect from the internet.
- Playing music may help you relax and focus on how you are feeling.
- You don't have to be a brilliant writer. You can write short stories about your day, a series of words that describe how you feel, lists of what you've accomplished, or poems. Some people draw pictures or make collages.
- Start by answering a question such as, "How am I feeling right now?" or "What activities did I engage in today?"
- Use the feelings guide to find words that describe the emotions you are feeling.
- Look back at what you have written in the past. You may find trends that signal a crisis.
- Use your journal to identify issues you want to discuss with your doctor or therapist.

See guide on back side >

FEELINGS GUIDE

LOVE

affection • lust • longing

adoration, fondness, liking, attraction, caring, tenderness, compassion, sentimentality, arousal, desire, passion, infatuation

JOY

cheerfulness • zest • contentment • pride
optimism • enthrallment • relief

amusement, bliss, gaiety, glee, jolliness, joviality, joy, delight, enjoyment, gladness, happiness, jubilation, elation, satisfaction, ecstasy, euphoria, enthusiasm, zeal, excitement, thrill, exhilaration, pleasure, triumph, eagerness, hope, rapture

SURPRISE

amazement

astonishment, awe, wonderment



ANGER

irritation • exasperation
rage • disgust • envy • torment

aggravation, agitation, annoyance, grouchiness, grumpiness, frustration, outrage, fury, wrath, hostility, ferocity, bitterness, hate, scorn, spite, vengefulness, dislike, resentment, revulsion, contempt, loathing, jealousy

SADNESS

suffering • depression • disappointment
shame • neglect • sympathy

agony, hurt, anguish, despair, hopelessness, gloom, glumness, sadness, unhappiness, grief, sorrow, woe, misery, melancholy, dismay, displeasure, guilt, regret, remorse, alienation, isolation, loneliness, rejection, homesickness, defeat, dejection, insecurity, embarrassment, humiliation, insult, pity

FEAR

horror • nervousness

alarm, shock, fear, fright, terror, panic, hysteria, mortification, anxiety, tenseness, uneasiness, apprehension, worry, distress, dread