

# Write to Relax

Life during a pandemic is chaotic and unpredictable. A way to cope with all of this uncertainty is writing to relax.

## How does it help?

Writing for your health, sometimes called journaling or reflective writing, has been found to have many benefits for your emotional and physical health. Journaling helps you cognitively catch up with your feelings. When you put your thoughts and feelings into words, your brain has an opportunity to reflect on your experience. This reflection can help you name and identify the emotions you are experiencing, and can provide valuable insight into your thoughts and feelings.

## How to journal

- Try to write everyday—incorporate 5-10 minutes into your routine.
- It can be private—you don't have to share it with anyone.
- Keep it simple—don't try to be perfect. Be easy on yourself.
- Be honest with yourself—honor your thoughts and feelings in that moment.
- Use whatever method works for you—follow a prompt, make a list, doodle, write quotes, write a song, etc.

## 5 benefits of journaling

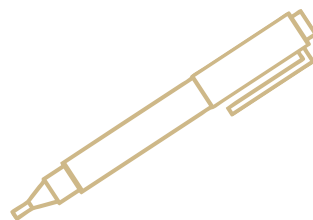
Reduced stress levels

Increased self-esteem

Reduced blood pressure

Improved decision making

Decreased levels of anxiety and depression



## Ways you can journal

- By hand in a notebook
- Email yourself every day and save your writing in a computer file
- Write in the notes section of your phone
- Download an app
  - Here are a few: [Day One](#), [Glimpses](#), [Dabble.me](#), [Grid Diary](#).
  - Some apps are for micro-journaling (identifying your feelings and activities with icons) like [Daylio](#).
  - The basics of these apps are FREE, but the premiums will have a small monthly cost