



5 Benefits to Journaling



1. ENHANCES SELF-AWARENESS AND TEACHES YOU ABOUT YOUR EMOTIONAL REGULATION.
2. REDUCES RUMINATION (EXCESSIVE WORRYING) AND PROMOTES ACTION.
3. GETS ALL YOUR EMOTIONS OUT ON PAPER AND REDUCES STRESS AND TENSION.
4. INCREASES YOUR OPTIMISM, HAPPINESS AND HEALTH.
5. YOU BECOME A BETTER WRITER AND DISCOVER YOUR "VOICE".