Journaling for Wellbeing

GREAT CHART SCHOOL

Writing or drawing in a journal is a simple, private way to look after our mental health and wellbeing.

What is journaling?

It's a safe space to write, draw or record our thoughts, feelings and experiences.



Why do we do it?

To help us feel good about ourselves, manage our emotions and support our overall wellbeing.

The benefits of journaling

Manage feelings

Helps us understand and express our emotions.

Reduce worries

A way to let go of stress and feel calmer.

Build confidence

Helps us notice our strengths and achievements.

Be creative

A space to explore ideas, feelings and new ways of thinking.

Stay positive

Helps us focus on the good things in our lives.

Know ourselves better

Helps us reflect, learn and grow.



What can I write or draw about?

- How I'm feeling today.
- Things I'm proud of.
- Things I'm grateful for.
- A goal or something I'd like to achieve.
- Anything that's on my mind!



The purpose

To support our emotional wellbeing, build resilience and help us feel happier, calmer and more in control.