



✨ Wellness Tip: Journaling for Emotional Wellness ✨

✍️ Journaling is now recognized as an official psychological technique for managing stress and emotions.

📖 You don't need a special notebook—use whatever's at hand.

🔒 Remember: journaling is for *you*, not social media. Writing for yourself creates a safe, honest space that feels very different from writing for others.

✅ Practical ways to start:

- 🕒 Set aside 5–10 minutes a few times a week—just write, no editing, *no judgment*.
- 📝 Write down what happened, but more importantly: your **feelings**, thoughts, images, and even body reactions.
- 📱 Use paper, a notes app, or even voice memos—format doesn't matter, honesty does.
- 🛡️ Keep it private. Protect your words so you can be fully open with yourself.

💬 *Testimony from a ME faculty:* I began journaling at 12, and I still keep those notebooks in my safety box. Journaling helped me survive a rough childhood, navigate chaotic teenage years, and even weather depression as an adult. It remains one of my most reliable tools for resilience and clarity.

👉 Start today—even a few sentences can make a difference.