



# BIG CONVERSATIONS with *Small Talk*



## The Importance of Journaling

- Journaling is a great way to manage stress while expressing yourself in a very healthy way
- Journaling allows you to manage anxiety, reduce stress, and can help individuals cope
- It allows you improve your mood and gives you control over your emotions in an expressive way
- Journaling allows you to track different feelings and symptoms which can be helpful when speaking with your counselor

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## So, how do you do it?

- Try and set aside time everyday to write in your journal, even if it is just a few minutes a day
- Make it easy but still remember to get creative with the work you are doing
- Write what feels right. Don't feel like you have to follow any specific structure. Make it your own!
- Use your journal in the way that feels right to you. Doodle, color-code, use items that relate to how you are feeling during that entry. Customizing your journal is the most important factor!

