



Writing From the Heart

Journaling to Better Understand Emotions

Goal: When you feel a strong emotion, such as joy, anger, love, frustration, or a sense of achievement, write an entry in a journal.

[Tip]: Write about what caused the emotion, the actions you took afterwards, and how else you could have acted after the emotion. If you are unsure of how you should have acted, return and reflect at a later time.

Why is this important? Journaling helps to identify emotions and track what triggers them (especially important for negative emotions). This self-knowledge will help you handle strong emotions in the future. Reflective journaling also aids in stress management and increases empathy.

References: Kim-Godwin, Y. S., Kim, S.-S., & Gil, M. (2020). Journaling for self-care and coping in mothers of troubled children in the community. *Archives of Psychiatric Nursing*, 34(2), 50–57.
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