

Jot this down: Journaling could boost your well-being



Ascension

Research shows that regularly writing down what's on your mind can help you release emotions and make sense of what's going on in your life. This is particularly true during periods of transition or change, like the COVID-19 pandemic's disruption of day-to-day activities. Journaling also can help improve your relationships with others, lower your blood pressure, and decrease symptoms of depression.

There's no 'write' way

There are many different ways to go about journaling. You could write about your thoughts and feelings. Or, you could use your journal to help problem-solve. Try taking a big problem that you're facing and then make a list breaking it down into smaller, more manageable parts that you can tackle one at a time so the issue no longer feels so overwhelming.

You could also journal by jotting down a few things that you're grateful for. Shifting your focus from your daily hassles to gratitude can help lower stress, improve your mood, boost the quality of your sleep, and even reduce inflammation in your body, studies show.

The key is finding what feels best for you. To make journaling a part of your daily routine, try linking it with a habit that you already do. For example, after brushing your teeth in the morning or in the evening, take a few minutes to write in your journal. Over time, writing will become just as automatic — and beneficial — as reaching for your toothbrush.

Please visit the [CDC.gov](https://www.cdc.gov) for the most recent information on COVID-19

