



NRH Senior Center

## THE BENEFITS OF JOURNALING

*Writing by hand*

1. can have similar benefits to meditation
2. can improve memory
3. can boost mental and physical health

*Each Monday we will provide topics to help get started. Your goal is to set aside 10-20 min. at least 3 days a week to journal.*

### Topics:

- How is your life better today than a year ago
- What and where is your favorite view of nature
- The one thing I want to remember about today



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## THE BENEFITS OF JOURNALING

<https://intermountainhealthcare.org/blogs/topics/live-well/2018/07/5-powerful-health-benefits-of-journaling/>

Journaling can help keep our brains in tip-top shape. Not only does it boost memory and comprehension, it increases working memory capacity, which may reflect improved cognitive processing. Boosts Mood. July 2018

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### Topics:

- Make a list of 30 things that make you smile.
- I really wish others knew this about me...
- The words I would like to live by are... Why...



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## THE BENEFITS OF JOURNALING

Clear Mental Clutter, by Aviva Patz & Jeanne Sager.  
The Mindfulness Manual, Your Guide to Finding Calm

Write it down - in addition to journaling, keeping a list on paper of the many things we are called on to do, transfers that information out of our minds and onto paper, freeing up space. This tool will help in organization and finding a sense of order.

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### Topic:

- Make a list of 10 tasks you need to complete in a weeks time, add "complete by" dates if you wish (keep realistic)
- At the conclusion of the week, journal for 5 minutes regarding how this process helped or hindered. Is there a modification that can be made to make it better?



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## THE BENEFITS OF JOURNALING

5 Powerful Health Benefits of Journaling - Kasee Bailey, July 31, 2018

As journaling habits are developed, benefits become long-term, meaning that the writer becomes more in tune with their health by connecting with inner needs and desires. Journaling triggers mindfulness and helps writers remain present while keeping perspective.

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### Topic:

- Why is it important to remain "in the PRESENT" rather than dwell on what happened yesterday and/or what will tomorrow bring?
- Why do you think writing by hand stimulates the brain in a way digital communication doesn't?



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**THE BENEFITS OF JOURNALING**

Another word for Journaling is **Expressive Writing**.  
What is it exactly? It is the process of regularly recording your thoughts, feelings, anxieties and desires.

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**Topic:**

- Write an entry on what you love about your journal and about what you don't like.
- Make a list of 5 topics you would like to write on at another time. Keep it in the back of your journal to use when you need inspiration.

# Notes