

How To Use A Journal To Reduce Your Stress

Writing in your journal on a regular basis can actually help you prevent stress. You will learn to think out your problems in an organized way. You will learn how to express yourself and release emotions and anxieties. You learn how to manage your life more productively so you do not have such overwhelming feelings which lead to stress.

Stress can lead to certain health conditions. These health conditions make your stress worse and it is a cycle that is hard to break. When you become accustomed to journaling, you will see that your life is improving.

There are few situations that are actually stressful in themselves. It is our reactions to situations and events in our lives that create stress. Stress is compounded by work overload and not enough sleep. Your journals can help you reduce this and prevent a large majority of stress.

You should use your journals to:

1. Identify the source of your stress
2. Create ways to cope with the stress
3. Find ways to organize your life and activities and events in your life
4. Think of ways to nurture yourself (such as a massage or a bubble bath)
5. Evaluate your responses and opinions of stress in your life to see if you are being productive or counterproductive

Keeping a journal helps your situations become manageable. Keeping a journal offers you a distraction to many daily activities. It also gives you an outlet for your emotions. Journals can keep you on task by forcing you to approach your situation instead of pushing it aside "for later".

Source: <http://www.articlecircle.com>

About the Author

Daniel J Lesser is the creator of Stressed-In-The-City.com. A whole world awaits if you can control your stress. Find out how to expand your horizons at www.stressed-in-the-city.com.