



# JOURNALLING FOR MENTAL HEALTH

*How to Get the Most Out of  
Therapy, and the Rest of Your Life!*

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*A warm welcome to you,*

I created *Journalling for Mental Health* in the hopes that you will find a way to express your thoughts using this brilliant mindfulness tool. It is a life tool that introduces a mindfulness practice that brings so many benefits!

Journalling is easy. The only rule is *there are really no rules!* Journal when the mood takes you. You don't have to do it everyday. Instead, use it when you feel you need to empty your mind, or if you are feeling emotional, or you find yourself in a stressful situation.

There are many ways to journal to get the most benefit. The main aim is to make sense of your world. In this eBook I have selected 3 methods for you to choose from.

If something comes up in your journal that you may want to discuss in your counselling session, please feel free to share your reflections. That said, however, your therapist will never ask to read your journal. This is your private and personal journey inward. It is not meant for anyone else's eyes so please always keep it safe and secure.

I wish you all the best in your efforts, and hope that you can approach this in a way that is reflective, yet nourishing and informative.

If you have any questions, suggestions, comments or feedback, please feel free to email me.



*Nicolette Ward*  
COUNSELLOR



It's an effective mindfulness tool for stress reduction. It is considered a great way to express personal story as well as making meaning through drawings, images, writing, and sharing.

# Ways of Journalling

Our emotions are messengers from our soul. They evolved with us from ancestral times to keep us alive, to survive, and in modern day times, if we work well with them, they can even help us thrive.

Here are some ways you can journal for counselling to get best results:

## METHOD 1

- **Free form writing** around whatever is a recurring stressful situation or event or person in your life.

## METHOD 2

- **Draw a Feelings and Needs Bubble** - similar to Method 1 but this method uses a 'bubble' to drop all your initial feelings into before you start writing about the feelings that show up. This way of journalling is more visual, and really helps people who are not fond of writing.

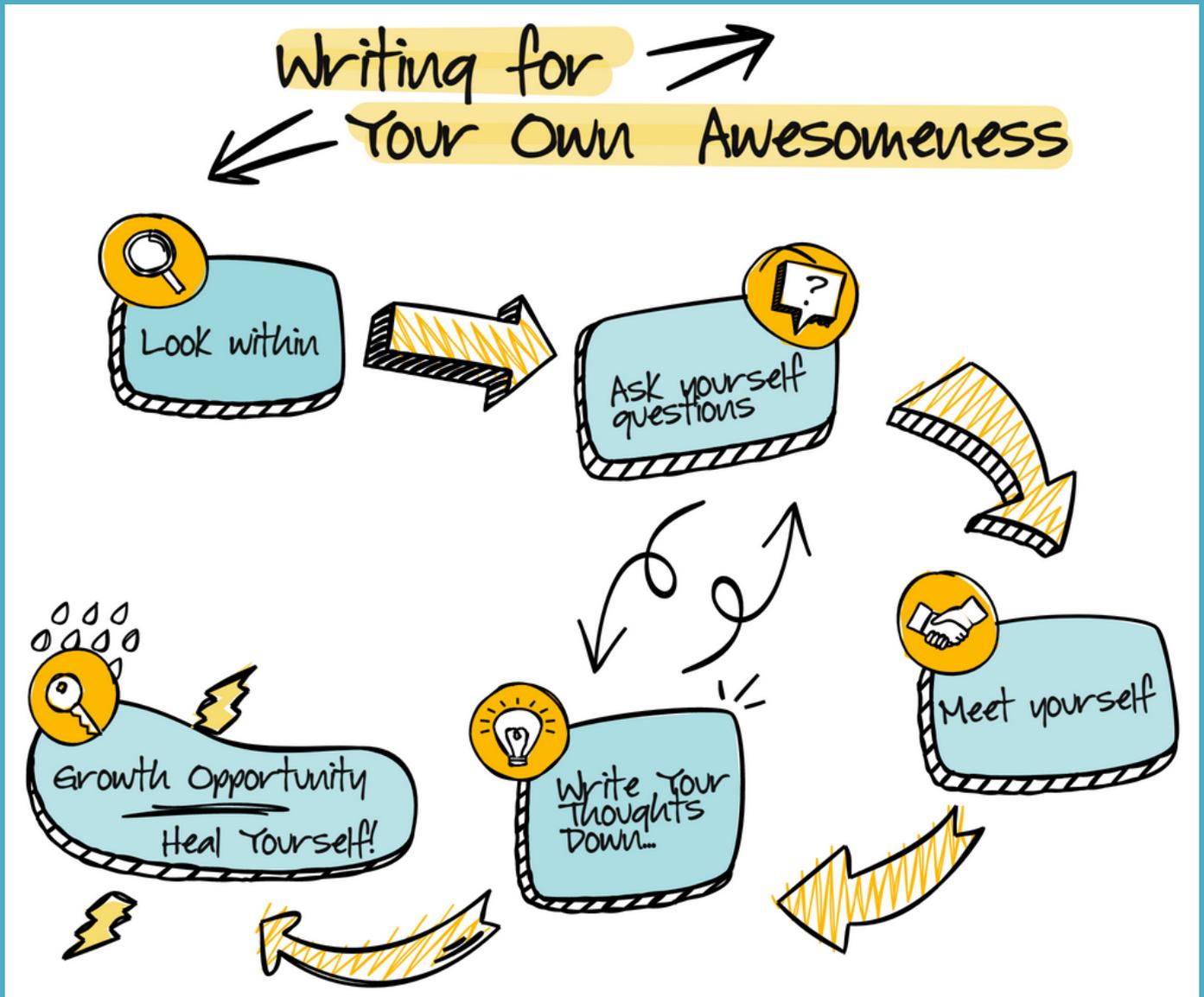
## METHOD 3

- **Stream of consciousness writing** - again similar to Method 1 but free form exactly whatever is on your mind flows through your hand onto the page. No editing, no censoring, no holding anything back.



The only rule is ...  
there are no rules

# Method 1



Free form writing is the a way to meet yourself. Find a quiet, well lit space, and settle in to yourself. Tune into your inner world by taking a deep breath.

Use your body to guide you in that the felt sense of your emotions andR stress may already be present as tight shoulders or a sore neck for example. You can also stop and drop into your heart space to connect to your deeper thoughts and feelings. Just write down your thoughts around what you are feeling about a situation, an event or even just your day.

Journalling reduces physical disease symptoms around stress and anxiety, enhances self-esteem, and increases self-awareness for all ages and backgrounds.

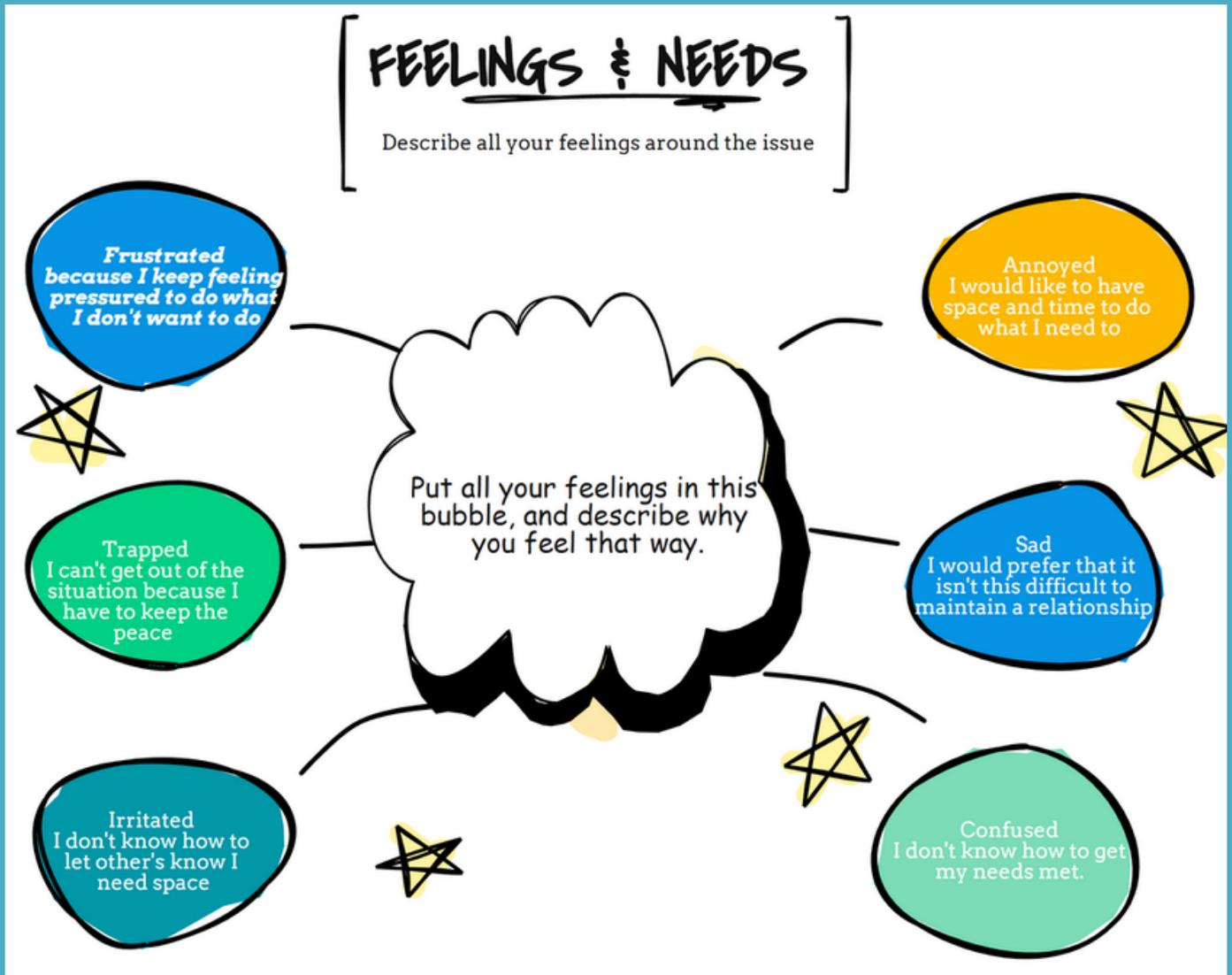


### [Doctors describe benefits of therapeutic journalling.](#)

There are many different ways to journal for mental health and the counselling process. Journalling on paper helps you to get your thoughts out so you can capture what is happening in your emotional world (like catching butterflies in a net!). It helps to crystallise our thoughts on paper. Once captured its possible to track it's source so you can get clear and move forward in life, living a life you love.



# Method 2



Needs and Feelings Bubble - Another way to journal is to create a visual 'bubble' with all your thoughts and feelings listed in the side bubbles. Like a mind map. It helps to tease out the knotted ball of emotions and feelings inside.

Write down all the emotions and the reasons why you are feeling the way you do.

Answer these questions: What does this mean? Why is this happening for you? What do you need, the presence of which will make a difference? If you like, you can then expand further on the pages that follow in your journal.

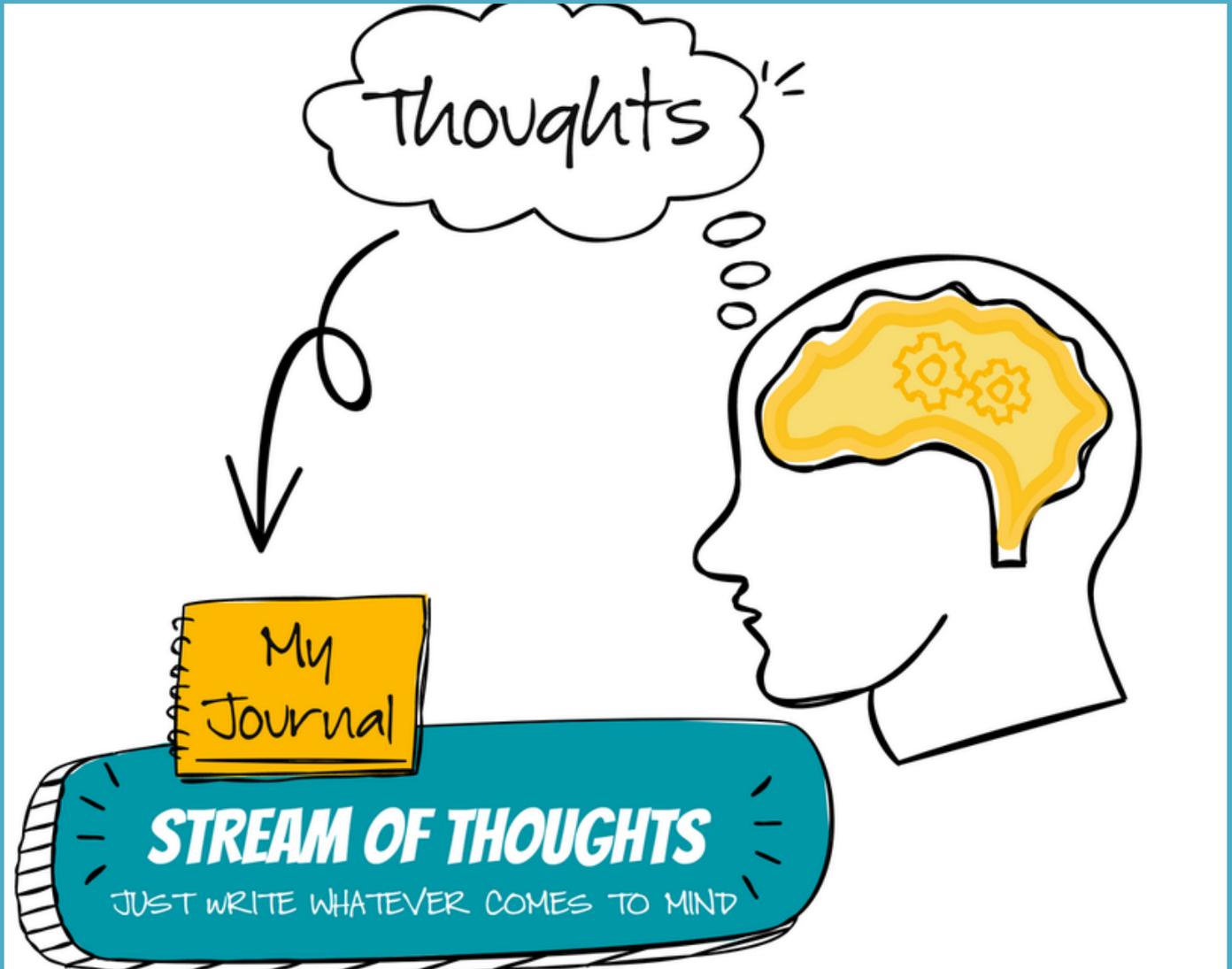


Journalling reveals information sitting on the edges of your conscious mind, and brings it into the foreground of your life to inform you on a conscious level.

It's is a form of self-care to make sense of the world around you. Use any medium to journal, to get your inner world into your outer world - in a way that feels like you are meeting yourself.

It's private. It's only for your personal use. Keep your journal in a secure place. One day you may want to delete it or burn it in a letting go ritual, when you feel the work is done.

# Method 3



Stream of Consciousness journaling is about letting whatever comes into your mind drop right on the page. Do this for as long as you can, for the time you have given yourself to make a journal entry. Write that which you are thinking or feeling at the very moment of writing, your worries, your blessings, your goals, your writer's block!

Example: The birds are singing while I put pen to paper, there is a cake baking in the oven, and I am grabbing 10 minutes to drop my thoughts onto paper, I wonder if it will work. What if my kids read this - gosh... I feel so much love for them, I am so afraid one day I might lose them...

# What You Need



Writing Tools - a REALLY nice pen



Paper - Buy a REALLY nice journal



Quiet Space - no distractions



Focus - pick one topic to focus on



Time - 5 to 20 minutes 2-4x per week



Commit - What you put in, you will get out

# Videos to Watch



[How to Journal for Therapy](#)



[Doctors describe benefits of Journalling](#)

*Enjoy the Journey!*



## Keep learning...

If you would like to learn more, via the online learning portal, there is literally a swag of resources available at [www.nicoletteward.com.au/resources](http://www.nicoletteward.com.au/resources) or email me at [info@nicoletteward.com.au](mailto:info@nicoletteward.com.au) to find out more.

If your situation is more complicated, and you need some support, please feel free to check out my website, and book in for a free 15 minute call or an initial session.



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