

How Journaling Has Helped Me Cope In Life

---By Sue Abrams – June 23, 2023

I remember journaling as early as 5th grade. I grew up in the Philippines as a missionary kid. I was sent to boarding school which was 500 miles away from my parents. This was traumatic for me although I accepted it as a way of life.

I would journal about happy and sad events and somehow try to find a purpose in those events.

Journaling includes writing down feelings around events. It is not just a list of events or circumstances. A good practice is to set aside 10-15 minutes every day for journaling. Your notebook can be fancy or simple, however you like it.

Reasons Why I Journal:

- It helps me change my negative thoughts to positive thoughts which lead to gratitude for life.
- It reduces my depression and anxiety.
- It helps me to accept my Spasmodic Dysphonia of my voice and find meaning through this trauma.
- It cultivates an attitude of gratitude.
- It helps me start my day off on a positive note.

Journaling can be joined with prayer. In the morning, I write a short prayer to God before I go to work. I ask God to show me the way He is with me and blesses me through my workday as a nurse. I challenge each of you to try to make journaling part of your life. Remember, start simple and be consistent and you will see positive results.