

Health Promotion Series-Stress Management

Vol. 5

Journaling/Talking With Others

This week our coping technique for managing stress is **Journaling/Talking with others**. The process of writing thoughts down is felt to be therapeutic because it allows the concerns/worries to leave the mind. A journal allows you to acknowledge your thoughts/feelings and over time you can reflect on things resolved; it is also thought to be helpful to actually throw those written thoughts/feelings away once penned, as an act of throwing away the concern and freeing the mind of them. The act of talking with others about your feelings can be helpful, if the person you are talking with is supportive. At times, people need to feel heard and validated, and it can allow a release of emotions and worries that cause stress. Positive relationships are important and having support from caring people can help manage stressful conditions.

