

The background features a light purple-to-blue gradient. Scattered throughout are several realistic water droplets of various sizes, some with highlights and shadows. A faint, large, light-colored circular graphic is centered in the upper half of the image.

SEPTEMBER 2020 EBP TIP OF THE MONTH

JOURNALING

COGNITIVE BEHAVIORAL THERAPY: MANUAL RESOURCES

- **JOURNALING** KEEPS WRITTEN RECORD OF THOUGHTS, FEELINGS, AND BEHAVIORS



ENTRIES IN A JOURNAL

- THE DATE AND TIME
- THE SITUATION
- YOUR FEELINGS AND THOUGHTS REGARDING THAT SITUATION
- WHAT YOU DID IN THE SITUATION.

BENEFITS OF JOURNALING

- TRACKS PATTERNS, CHANGES, AND IMPROVEMENTS OVER TIME
- NOTES MILESTONES SUCH AS ACHIEVEMENTS
- BOOSTS EMOTIONAL INTELLIGENCE BY ALLOWING AN OUTLET FOR PROCESSING OF EMOTIONS
- HELPS BOOSTS MEMORY AND COMPREHENSION
- DEVELOPS DISCIPLINE BY CREATING A POSITIVE HABIT
- IDENTIFIES NEGATIVE FEELINGS, THOUGHTS, AND BEHAVIORS
- FOCUSING ON SOLUTIONS CAN LEAD TO BE BETTER MANAGING ANXIETY, STRESS, AND DEPRESSION
- SELF REFLECTIONS LEAD TO KNOWING SELF BETTER



PRACTICE: THINK OF AN UNDESIRABLE SITUATION AND DO SOME SELF REFLECTION

- 1) WHAT WAS THE SITUATION?**
 - 2) IDENTIFY THE THOUGHTS, FEELINGS, AND YOUR BEHAVIOR REGARDING THE SITUATION**
 - 3) HOW COULD YOU HAVE HANDLED THE SITUATION BETTER?**
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BENEFITS OF JOURNALING

WANT TO LEARN MORE ABOUT JOURNALING?

CLICK HERE: [HTTPS://WWW.YOUTUBE.COM/WATCH?V=N48E_FFN1RG](https://www.youtube.com/watch?v=N48E_FFN1RG)