



#FontanaTogether

## Journaling

Journaling has many benefits, it can provide an outlet for emotions, thoughts, and even create a safe space for many. Journaling can be many things, writing, sketches, drawings, quotes, and so much more; there is no right or wrong way to do it which allows you to make it as unique and creative as you'd like. The process of writing down how you are feeling, what you are up to, etc can allow you to have that written word as something to look back on and see how far you've come and keep you accountable to follow through with changes and accomplishing goals. It can be a stress reliever and even a calming space, so why not try it!



### Materials:

- Paper(or some sort of notebook),
- Writing Object(pencil/pen/marker)

### Instructions:

1. See start writing you can write today tomorrow or even keep a journal and enjoy. I have given you some prompts below to help you write.

### Journal Prompts:

- Who are the people you miss the most?
- Do you think the pandemic has had any positive impacts on your mental health? If so, what?
- Do you think the pandemic has had any negative impacts on your mental health? If so, what?
- Write 5 things you never realized you were grateful for before.
- How are you going to change your perspective on being able to do things freely after the pandemic?
- Write about how you spent your time today.
- What have you learned about yourself?

- What are your greatest fears and anxieties at the moment?
- In what ways have you been able to calm and destress yourself during these times?
- What are some of the positive impacts the pandemic has had on the world?



**\*Remember Journaling isn't linear, be creative and have fun!\***