

Journaling

Journaling is a great positive coping skill to practice. Are you wondering where to start?

- Start off with answering any of these questions on the right. Consider cutting out these questions and using it as a bookmark in your journal.
- Write regularly, every day if possible.
- Write what you feel. There's no right or wrong way to journal.
- If you are comfortable with it, bring your journal to your next therapy session to help you describe how you have been feeling and functioning over time.

- Did I feel anxious frustrated or angry at any time today?
- Did I have a positive interaction with another person today?
- Did I have a negative interaction with another person today?
- Is there a decision I'm trying to make today?
- Was there something or someone that made me laugh today?
- Did I experience any symptoms of depression today?
- Did I experience any side effects from my medication today?
- What was the biggest challenge I faced today?
- Did I use any of the strategies recommended to me in therapy today? If so, were they helpful?

For More Information

University of Michigan Depression Center
1-800-475-MICH or 734-936-4400

www.campusmindworks.org/

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