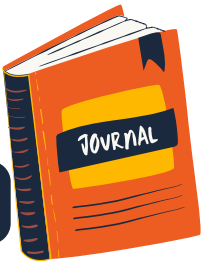




Whether you're sorting through a busy mind or capturing a moment of joy, journaling is a powerful way to hit pause and reconnect with yourself. **And no, it doesn't have to be daily or poetic—just real.**

20
MINUTES A DAY



Studies suggest that spending just 20 minutes a day journaling can lead to decreased anxiety and depression symptoms.

JMIR Mental Health reported improvements in managing anxiety and depression symptoms

YOUR BRAIN ON JOURNALING



Organizes messy emotions: Helps you name feelings, which can reduce their intensity.



Sharpens self-awareness: Tracks your patterns, reactions, and growth over time.



Promotes learning: Turning experiences into words helps lessons stick—and prevents history from repeating itself.



Creates a safe emotional outlet: A judgment-free space where you can be 100% honest.

Neuroscience
NOTE



Journaling activates both the analytical left brain and the creative right brain—giving you a more balanced perspective.

JOURNALING HACKS FOR REAL LIFE



TIMED

Set a 5-minute timer.
Stop when it buzzes.



THEMED

"Thankful Thursday,"
or "Future Self Friday."



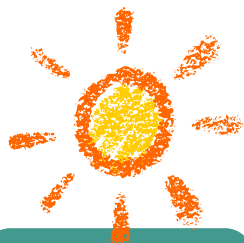
DIGITAL

Try voice notes, or journaling apps.



TRACK

Monitor progress & revisit previous viewpoints.



VISUAL

Include sketches, mood trackers, or vision boards.

Ulliance offers free, confidential support and resources ► Connect TODAY!

There's no "right way" to journal—only what feels honest. Whether you write once a week, or scribble random thoughts during lunch, it's about **tuning in, not checking out.**

