

## The Anxiety Journal: Exercises To Soothe Stress And Eliminate Anxiety Wherever You Are

*Discover practical, natural, on-the-go solutions for combating anxiety with this must-have guide. How can you begin holistically tackling your anxiety whenever the moment strikes? In The Anxiety Healer's Guide licensed counselor and creator of the Instagram account @TheAnxietyHealer Alison Seponara brings her expertise and commitment to healing anxiety to the world. While the journey toward recovery might look different for everyone, this portable resource is full of concrete activities, tools, and techniques that have been scientifically proven to calm the sympathetic (fight-or-flight) nervous system and give sufferers a better sense of control over their minds and bodies. This comprehensive, easy-to-use guide includes everything you need to help holistically treat your anxiety and create your own anxiety-healing tool kit, including: -Body breakthroughs -Mind tricks to ease anxiety -Breathing techniques -Grounding strategies -Distraction ideas -Cognitive-behavioral actions -Natural remedies -Gut-health practices -Positive affirmations -On-the-go activities -And more! This is an essential read for anyone who's tired of living with anxiety and looking for helpful solutions they can apply anytime, anywhere.*

*Learn how to deal with feelings—a mental health journal just for men Taking care of yourself means more than just working out and eating right--it also means taking care of the stuff going on in your head. The Mental Health Journal for Men is the one-stop mental health gym for guys, providing effective ways to organize your thoughts and work through stress, anxiety, and more. Whether it's to chill out with simple breathing exercises, inspire yourself by creating a movie poster about your life, or just explore emotions besides feeling "numb," this mental health journal approaches creative journaling with an eye for the unique challenges that guys face. So, grab a pencil (or pen) and get to work! The Mental Health Journal for Men features: The help men need--From exploring your kryptonite to being proud of the things you've done (and the body that helped you do them), get a mental health journal that speaks to guys. De-stress creatively--Discover that one of the best ways to explore (and beat) what's bugging you is to draw, chart, graph, and even design a T-shirt with your life's motto. What makes you tick?--Figure out what makes you tick with a mental health journal full of prompts that help you examine yourself, the people in your life, and how you relate to the world. Teach yourself to feel better with a mental health journal written just for you.*

*The Anti-Anxiety Notebook is a guided journal designed by therapists to reduce stress and anxiety by helping you learn and practice evidence-based mental health tools.*

*The Anxiety Workbook for Teens*

*Exercises to Soothe Stress & Eliminate Anxiety Or Anger Mood Tracker Notebook & Worksheet To Stop Worrying and End Panic - Dog Boston Terrier Cover*

*The Anxiety Journal Exercises to Relieve Stress, Anxiety & Find Peace*

*A Guided Journal to Help You Calm Anxiety, Relieve Stress, and Practice Positive Thinking Each Day*

*Cognitive Behavioral Therapy & Other Essentials*

*Goodbye, Anxiety*

*Exercises to Soothe Stress & Eliminate Anxiety Or Anger Mood Tracker Notebook & Worksheet To Stop Worrying and End Panic - Black Vintage Cover*

*The Anxiety JournalExercises to soothe the stress and eliminate anxiety wherever you arePan Macmillan*

*Find peace from anxiety with daily prompts and practices from The Mindfulness Journal for Anxiety. Mindful journaling is a powerful way to gain awareness and control anxiety. In The Mindfulness Journal for Anxiety, you'll embark on a rewarding journey to stillness and self-discovery as you confront anxiety with pen in hand. From breathing exercises to thought-provoking meditations, these reflections and prompts are rooted in proven-effective mindfulness practices for reducing anxiety. Helping you organize your thoughts and give them structure--with ample space for real reflection--this mindfulness journal gets anxiety out of your head and onto paper where you can find peace from perspective. Take a deep breath, grab your favorite pen, and dive in with: Writing prompts that provide guidance for understanding the root of your anxiety, accepting its presence, and taking control of how it manifests. Mindfulness exercises that teach you techniques for cultivating awareness and reducing anxiety in the moment. Space for reflection that allows you to fully explore and react to writing prompts and exercises. Embrace mindfulness and let go of anxiety with insightful prompts and practices from The Mindfulness Journal for Anxiety.*

*Discover the Ultimate Self-Healing Tool! Journaling Power teaches you how to put the best holistic self-healing tool right at your fingertips - journaling. Through Mari L. McCarthy's moving personal story, you'll discover how pen-to-paper journaling can lead to self-growth and life-changing transformation. You'll also learn that numerous medical studies prove journaling unleashes an internal healing agent that literally gives you the power to... - Reduce stress and physical pain - Overcome life challenges - Heal emotional wounds - Resolve inner conflicts and gain a deeper understanding of your true self - Conquer limiting beliefs and fears that have held you back - Create the life you want from the inside out "In this book, Mari reveals the full power of journaling, not only for people who have an illness, but for anyone, actually, who simply wants to unlock their personal creativity or find some more meaning and purpose in their life. A really excellent book that I will gladly recommend to others!" David R Hamilton PhD, author of How Your Mind Can Heal Your Body "I believe in the transformational power of journaling and have incorporated the practice in my life for many years. Journaling Power reminds us of the healing potential that lies within and the responsibility we have to take control of our own well-being." Donna Gates, M.Ed., ABAHP - best-selling author of The Body Ecology Diet: Recovering Your Health and Rebuilding Your Immunity*

*Exercises to Soothe Stress & Eliminate Anxiety Or Anger Mood Tracker Notebook & Worksheet To Stop Worrying and End Panic - Cartoon Floral Cover*

*Tiny Buddha's Worry Journal*

*Create Your Own Calm*

*The Anxiety Workbook*

*Exercises to Soothe Stress & Eliminate Anxiety Or Anger Mood Tracker Notebook & Worksheet To Stop Worrying and End Panic - In The Forest Cover*

*Over This Sh\*t*

*Creative Prompts, Practices, and Exercises to Bolster Wellness*

*While some forms of anxiety are natural, even helpful, anxiety disorders can lead you into a spiral of stress and worry, and interfere with your everyday life. Practical, supportive and uplifting, this is a journal for anyone who struggles with anxiety, whether in the form of phobias, social anxiety, post-traumatic stress or generalized anxiety (GAD) and day-to-day worrying. With beautiful contemporary illustrations by Marcia Mihotich, The Anxiety Journal by Corinne Sweet encourages you to use CBT exercises and mindfulness techniques to reduce anxiety and provide comfort and calm. Whether you're awake at 4am unable to turn off those racing thoughts, or struggling to get yourself together before a presentation, The Anxiety Journal will help to soothe the stress and reduce worry, identify negative thought-cycles, and provide you with techniques to combat anxiety wherever you are.*

*This beautiful, full-color guided journal captures the gentle spirit of the wildly popular Sweatpants & Coffee community, already celebrated by hundreds of thousands of fans. Inside, founder Nanea Hoffman presents hundreds of prompts and exercises designed to gently coax readers to identify and examine their fears and anxieties, then work through those concerns one-by-one to help achieve a new state of calm, mindfulness and inner peace. Illustrated throughout with Hoffman's popular "Anxiety Blob" cartoons and other hand-drawn elements, the Comfort & Encouragement Journal is a safe space to think about, explore, cry over and manage our struggles and the issues that make our lives more challenging but no less worthy of gratitude and grace.*

*One of the most popular therapies for anxiety or anger is Cognitive Behavioral Therapy and this serves as an influence for this page. While CBT is complex and has many aspects to it, one key tenet is that it may help an anxious person to pinpoint unhelpful beliefs and behaviors and replace them with more objective facts and observations. 110 cream page Tracker and story pages 6" x 9" Uniquely designed matte cover High quality, heavy paper*

*Put Your Worries Here*

*101 Ways to Stop Anxiety*

*The Anxiety Journal*

*101 Exercises for Anxiety and Depression*

*Guided Exercises to Find Calm and Build Confidence*

*Daily Prompts and Practices to Find Peace*

*Exercises to Soothe Stress & Eliminate Anxiety Or Anger Mood Tracker Notebook & Worksheet To Stop Worrying and End Panic - Green Flowers Drawing Cover*

*While some forms of anxiety are natural, even helpful, anxiety disorders can lead you into a spiral of stress and worry, and interfere with your everyday life. Practical, supportive and uplifting, this is a journal for anyone who struggles with form of phobias, social anxiety, generalized anxiety (GAD) or day-to-day worrying. Beautifully illustrated by Marcia Mihotich, The Anxiety Journal by Corinne Sweet encourages you to use CBT techniques and mindfulness exercises to help you your anxiety and help you to achieve peace and calm. Whether you're awake at 4am unable to turn off those racing thoughts, or struggling to get yourself together before a presentation, The Anxiety Journal will help to soothe the stress and negative thought-cycles, and provide you with techniques to combat anxiety wherever you are.*

*Let go of your worries and take back your life with journaling prompts that help overcome anxiety developed by a psychologist with expertise in CBT and DBT therapies. As a teen or young adult, things like school work, social media, and n bring tons of stress, and you may often feel anxious and overwhelmed. That's why Psychologist Terri Bacow, Ph.D., developed this book with fun and accessible writing exercises designed to diminish worries, insecurities, fears, conflicts, and unique issues. Even better, you will learn practical coping skills that you can use whenever you feel anxious. • 100+ journaling prompts that offer space to write down your worries and release your anxious feelings • 40+ CBT- and DBT-based challenge worry thoughts and conquer anxiety-inducing thinking patterns • 50+ practical tools, including coping strategies and supportive statements that you can use whenever you feel worry starting to take hold These coping skills include to reduce anxiety, incorporating cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), and other scientifically based therapy approaches. Say goodbye to anxiety and enjoy your life!*

*Relieve stress, increase mindfulness, and discover calm and clarity wherever you go with this beautiful guided journal. There's nothing like having someone to talk to who will not judge or tell your secrets. Hopefully, you have a friend who o there's always therapy. But, there will be those times when you cannot reach either of them. When that happens you can reach for your journal! Writing out your thoughts and feelings can be a useful tool to ease symptoms of stress, ten can also aid in helping with effective communication with your therapist, friends, and family. However, if you're unsure of what to say or how to begin, journaling can be difficult. So, here's your journal helpmate! This book includes 100 pro days will be easier than others for you to get what's in your head onto your paper. On those days, just jump right in and start writing. In those moments where you get stuck, just crack open your book and pick-a-prompt! This is in no way things out, but it is an excellent positive coping mechanism to adopt. If reading is fundamental then Writing is Life! - Grounding facts about anxiety that work as much-needed coping mechanisms - Soothing exercises to enhance mindfulness grounded in cognitive behavioral therapy to help identify the causes of your anxiety for long-term peace of mind - Lined pages to record your thoughts and track your progress It comes with 100 well-thought-out writing prompts for depressed individuals suffering from any stage of anxiety or depression. There are many benefits of journaling or writing as it helps you to explore and discover your best version, it helps you slow down and increase self-awareness. Journaling is specifically designed to reduce depression and anxiety. According to psychologist Barbara Markway: So, keeping in view the benefits and importance of journaling for self-help, I have crafted this self-help journal to help people with depression and anxiety.*

*Exercises to Soothe Stress & Eliminate Anxiety Or Anger Mood Tracker Notebook & Worksheet To Stop Worrying and End Panic - Lake Cover*

*100 Day Journal To Ease Depression And Anxiety Prompts to Ease the Mind*

*Activities to Help You Deal with Anxiety and Worry*

*90 Writing Exercises to End the Panic*

*Exercises to Soothe Stress & Eliminate Anxiety Or Anger Mood Tracker Notebook & Worksheet To Stop Worrying and End Panic - Sunrise Cover*

*Exercises to Soothe Stress & Eliminate Anxiety Or Anger Mood Tracker Notebook & Worksheet To Stop Worrying and End Panic - Colorful Flowers Cover*

*Anxiety Journal for Women with Prompts. Declutter Your Mind: How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking*

**The road to serenity is ahead, Find calm and clarity where you are with this beautiful journal. When quiet meditation and peaceful mantras aren't enough to cut through the bullsh\*t and brighten your day. A fluttering in the chest, constant worrying, sleepless nights with your breath squeezed from you. One in four people suffer from anxiety, and the symptoms can feel overwhelming. But you can take control of the situation now by getting your own copy of this awesome Anxiety Management Journal. Features: Pages to record your thoughts and keep track of progress. Practical, supportive, and uplifting, this journal. This book is an indispensable companion on your journey to a peaceful mind.**

**Are anxiety and worried thoughts making you feel restless and panicked? Are they preventing you from feeling positive and optimistic about your day-to-day life? If so, manage your thoughts and lift your spirits using this beautiful daily journal as your guide. No Worries is a 12-week anxiety journal that will help you process what's on your mind and gently re-frame your thoughts, so you can manage your worries before they start to spiral out of control. It was designed to meet you where you are now and guide you toward developing a practice of taking a few minutes each day to reflect on your thoughts, identify the sources of your anxiety, get in the habit of positive thinking, and prioritize your overall wellness and mental health. No Worries includes: Daily Journaling Pages Space to check in on your mood, reflect on your thoughts and anxiety triggers, practice daily gratitude, and honor any positive thoughts or moments from your day. Self-Care Ideas: Suggestions for simple ways to take care of yourself and start to feel better. Emotional Support Cheat Sheet: Write down who you love, what you value, things you enjoy, and favorite quotes for whenever life feels uncertain Mindfulness Matters: Tips for finding a few minutes of peace and quiet each day. Fear-Setting Exercises Manage your biggest worries and shift your perspective so you can stop stressing and take meaningful action. Habit Trackers: A page to help you remember to prioritize self-care and the habits that are important to you each week. Therapy Reflections: Reflect on your sessions (if you are seeing a therapist or counselor) and record what you learned and how it made you feel. Monthly Progress: Pages for you to look back on your month overall and check in on your satisfaction in different areas of your life. Anxiety might be making you feel like you're walking on pins and needles. But by using the No Worries journal, you'll be making a positive step forward toward coping with your anxiety, caring for your mental health, and feeling better each day.**

**From the bestselling author of Start Where You Are, a beautifully illustrated journal for easing the everyday anxieties we all carry. Feeling anxious, uncertain, overwhelmed? You're not alone. In this empowering new tool for self-care, popular artist and author Meera Lee Patel presents a fresh approach to feeling better. Designed to help us better understand ourselves and dial down the everyday worries getting in our way, these thoughtful and beautifully illustrated journal pages are a safe space for reflection, self-acceptance, and the freedom to move forward with more clarity and joy. Bringing together inspiring quotes from great thinkers and writers throughout history and engaging journal prompts and plenty of room to capture your thoughts, the book is a calming breath of fresh air and a quiet space to reflect and recharge in a hectic and uncertain world.**

**Coping Strategies and Mindfulness Techniques to Calm the Mind and Body**

**Writing Prompts to Keep You Calm and Stress-Free**

**A 100 Day Journal to Ease Depression and Anxiety**

**The Mindfulness Journal for Anxiety**

**Mental Health Journal for Men**

**The Anti-Anxiety Journal**

**A Creative Journal for Teens with Anxiety**

Relieve anxiety, decrease stress and find peace wherever you go with this amazing journal. Anxiety affects over 40 million adults according to the National Institute of Mental Health. Feeling on the edge, experiencing insomnia and shortness debilitating. The good thing is you have the power to control and live your best life. This 8 Week Anxiety Journal includes: Understanding Anxiety Guide Anxiety Management Pages Anxiety Trigger Self-Awareness Charts Life Assessment Journal Sheets Coping Strategies Happiness & Gratitude Pages Mood Charts And much more!!!! For other beautiful notebooks and inspirational journals to write in, check out our Author's Page, Jazzy Elaine Designs.

Journals for Anxiety Relief (and to Ease Stress) : exercises to encourage mindfulness and writing prompts for womenBuild your own routine to do stress relief with prompt.Order today!

A beautifully designed, inviting interactive journal to help you destress, reduce anxiety, and find peace from the founder of the popular online community Tiny Buddha, and author of Tiny Buddha's 365 Tiny Love Challenges and Tiny Buddha's Journal. Filled with prompts, quotes, questions for reflection, and coloring and doodle pages, Tiny Buddha's Worry Journal can help you feel calmer and cultivate a more mindful, peaceful spirit every day. In addition to prompts, the journal features recurring sections: "Let It Go"—identify what is currently creating anxiety in your life and suggestions for working through it; "Plan Ahead"—help to navigate particular situations and devise a plan to approach them in productive ways; "Color Me Calm"—fifteen coloring pages and fifteen doodle pages carefully designed to inspire you to use your own creativity to soothe worries and focus on the moment. Don't let anxiety control you. Tiny Buddha's Worry Journal lets you carve a little every day, and gives you tools to help you improve your mood, focus on the present moment, and kindle your unique creativity.

The Mindfulness Journal

A Guided Journal for Overcoming Worry (A Guided Workbook for Teens and Young Adu Its with CBT Skills and Journal Prompts)

No Worries

Let It Go

Exercises to Soothe Stress and Eliminate Anxiety Wherever You Are

Exercises to Soothe Stress & Eliminate Anxiety Or Anger Mood Tracker Notebook & Worksheet To Stop Worrying and End Panic - Floating Floral Cover

"Writing Prompts for Depression And Anxiety" is a 100-day journal to help you ease your depression and anxiety. It comes with 101 well thought-out journal prompts for individuals suffering from any stage of anxiety or depression. There are many benefits of journaling or writing, like it helps you to explore and discover your best version, it helps you slow down and increase self-awareness. Journaling is specifically important for depression and anxiety. According to psychologist Barbara Markway: "There's simply no better way to learn about your thought processes than to write them down." So, keeping in view the benefits and importance of journaling for self-help, I have crafted this self-help journal to help people with depression and anxiety. The questions and writing prompts within this unique journal are meant to make you slow-down, watch your thoughts and pour them out on the paper. This journal will help you to dig deeper inside your depression and anxiety and help you think about some possible coping strategies to over stress, anxiety, and depression. I am sure "Writing Prompts For Depression And Anxiety" will provide you with helpful things to write about. Enjoy!

If you suffer from anxiety you can get rid of it by tracking the feelings that bring on the Anxiety. all you have to do is track them and practice not doing the same thing again. For this kind of thing, physical tracking books are more suitable than digital ones. Let's take a look at the features. Size: 8.5x11 inches 122pag Anxiety Journal:[] \* Date \* Place \* Anxiety Severity (to track anxiety levels) \*Time (Wake, AM, Noon, Afternoon, Evening, Bed)

\*Symptoms Checklist (Headache, Nausea, Frequent Urination Or Diarrhea, Racing Thoughts, Difficulties Concentrating, Feelings of Dread, Rapid Heartbeat, Chest Pain, Shortness of Breath, Feeling Irritable, Problems With Sleep, Changes in Appetite, etc...) \* Triggering Elements \* Elements That Alleviate Anxiety \* Overall Mood (Cheerful, Calm, Tired, Melancholy, Hopeful, Angry, Sad, Fearful) \* Energy Level, Activity Level, Sleep Quality

The Anti-Anxiety Journal helps you work with your mind instead of against it to manage and calm anxiety with a program of prompts, exercises, and trackers.

The Anxiety Healer's Guide

Conquer Social Anxiety Journal

ANXIETY JOURNAL Exercises to Soothe Stress and Eliminate Anxiety

Sweatpants & Coffee: The Anxiety Blob Comfort and Encouragement Journal

A Journal for Practicing the Mindful Art of Not Giving a Sh\*t (Exercises to Soothe Stress and Eliminate Anxiety Wherever You Are)

Writing Prompts for Depression and Anxiety

A Journal for Quieting Anxiety

Build self-confidence and overcome everyday fears and worries Social anxiety can make everyday interactions a challenge, but these complicated feelings can be conquered. With the help of guided self-reflection exercises for building confidence, you can find calm in your day-to-day life. This journal is filled with prompts to help you reflect on your triggers, learn healthy coping mechanisms for taking control of your stress, and develop a new mindset to help you overcome social anxiety. Use this supportive anxiety workbook to: Understand and manage feelings--Learn about the facts behind your social anxiety and the different ways your emotions play a part. Reflect on anxiety daily--Think through your social anxiety experiences and respond to thought-provoking prompts with ample writing space provided. Develop coping skills--Discover evidence-supported methods for managing social anxiety and responding to tense situations calmly. Free yourself from the fear of social interaction and boost your self-confidence with this social anxiety workbook.

From managing social media stress to dealing with pandemics and other events beyond your control, this fully revised and updated edition of The Anxiety Workbook for Teens has the tools you need to put anxiety in its place. In our increasingly uncertain world, there are plenty of reasons for anyone to feel anxious. And as a teen, you're also dealing with academic stress, social and societal pressures, and massive changes taking place in your body, brain, and emotions. The good news is that there are a lot of effective techniques you can use—both on your own and with the help of a therapist or counselor—to reduce your feelings of anxiety and keep them from taking over your life. Now fully revised and updated, this second edition of The Anxiety Workbook for Teens provides the most up-to-date strategies for managing fear, anxiety, and worry, so you can reach your goals and be your best. You'll find new skills to help you handle school pressures and social media overload, develop a positive self-image, recognize your anxious thoughts, and stay calm in times of extreme uncertainty. The workbook also includes resources for seeking additional help and support if you need it. While working through the activities in this book, you'll find tons of ways to help you both prevent and handle your anxiety. Some of the activities may seem unusual at first. You may be asked to try doing things that are very new to you. Just remember—these are tools, intended for you to carry with you and use over and over throughout your life. The more you practice using them, the better you will become at managing anxiety. If you're ready to change your life for the better and get your anxiety under control, this workbook can help you start today. In these increasingly challenging times, teens need mental health resources more than ever. With more than 1.6 million copies sold worldwide, Instant Help Books for teens are easy to use, proven-effective, and recommended by therapists.

Journaling is one of many ways to help naturally reduce your anxiety. Writing is a form of therapy where you can focus on getting all of your thoughts out of your head. This helps you create clarity and gives you a different perspective on your thoughts. Usually when we're so wrapped up in our thoughts, we lose sight of what's real from what isn't. Your thoughts form your reality. That's why writing everything out in a journal is a great way to get out of your head. The 90 Journal Prompts in this journal will help Overcome Anxiety, Stop Worrying, and End Panic.

Journaling Power

How to Create the Happy, Healthy, Life You Want to Live

Writing Prompts For Depression And Anxiety

Exercises to soothe stress and eliminate anxiety wherever you are

Prompts and exercises for letting go of worry and finding inner peace

A Workbook for Identifying, Tracking, Managing and Relieving Depression and Anxiety, Exercises to Calm Stress and Eliminate Anxiety Wherever You Are, ... Gift for Mental Health

The Anti-Anxiety Notebook

*In this first-of-its-kind guided journal, best-selling author Lisa Schab offers a creative space for teens to work through their anxiety by providing fun, engaging, and action-oriented prompts and behavior-based exercises.*

*In today's busy world, finding physical and mental space for peace and calm amidst the competing demands of work, family and friends can be a challenge. Mindfulness is a simple and powerful practice that can help you cut through the noise and reclaim tranquillity, wherever you are. The Mindfulness Journal offers an introduction to mindfulness and easy exercises that can be done whether you are sitting at your desk, squeezed on to a crowded train, or standing in line at the supermarket. This beautifully illustrated journal is your indispensable companion to a more peaceful, stress-free day.*

*All the Tools You Need to Leave Your Worries Behind! Are you exhausted and discouraged because anxiety has ambushed and confined you? Maybe your fight for freedom has only strengthened anxiety's hold on you. Whether you've felt imprisoned by your anxious thoughts and emotions for most of your life or have recently begun to experience them, you can wiggle your way out of anxiety's trap. 101 Ways to Help Stop Anxiety is your plan of action that gives you the tools you need to break free. With this guide to personal empowerment, you'll gain: 101 exercises that will help you regain control of the life you want to live Five distinct sections offering practical, easy-to-follow anxiety-beating activities Relief from overthinking everything Ways to deal with anxiety at work or in school Tools to conquer anxiety in your relationships Control over your daily and nightly worries Workable practices to stop anxiety for life Stop struggling against anxiety and start taking effective action to let go of it. Create a quality life lived without anxiety. You hold in your hand 101 Ways to Stop Anxiety and start living freely and fully. Open your book and start a new chapter in your life.*

*Exercises to Soothe Stress & Eliminate Anxiety Or Anger Mood Tracker Notebook & Worksheet To Stop Worrying and End Panic - Pink Cat Cover*

*Worry IV Nothing*

*A Creative Way to Let Go of Anxiety and Find Peace*

*Practical Exercises to Find Peace and Free Yourself from Fears, Phobias, Panic Attacks, and Freak-Outs*

*Exercises to help you find peace and calm wherever you are*

*Anxiety Management Journal*

***This The Anxiety Journal is a great way to get your life on track with all your self care, mental & emotional well-being. Maintaining a mental health journal is a great tool to help manage anxiety and your mood, reduce stress and cope with depression or PTSD (Post traumatic stress disorder). Journaling and writing things down is a perfect way to express yourself and get out all those feelings and emotions that have been buried down deep down inside.***