Dr. Noriko Noda
norikonoda.com

Journaling is known to help some people
to improve their mental well-being.

If you are feeling that you have nobody to trust
or connect with you, you still have yourself!

You can start from here.

This e-book is written to help you to start journalling
providing some hints of what you may write or draw.

Also, there are prompts that you can use when you
would like or when you don't come up with anything
else to write or draw.

There is no rule on how to journal.

Let's start and see what happens.
You only need you and a journal and a pen!

WHAT YOU NEED

1.JOURNAL

I am using A5 spiral notebook (110gsm)
You can use any notebook.
If it does not work well for your journaling,
you can always change it.

2. PENS

You can make your journal in black and white.
Or you can make it colourful.
You can try different medium (water colour, crayon, etc) to see
what meets your need.
Be creative!

3. YOURSELF

It may be hard to be true to yourself when you start journaling.
We are not so get use to be true to ourselves!
We feel so vulnerable!

Please remind yourself that your journal is not something to show to others.
You don't need to prove yourself in your journal.

SUGGESTED ENTRIES

You can journal in any style your like.
My suggestion is, in the first part of your journal,
write something that helps you to manage a difficult time
as in my suggestion 1 and 2.

1.SOMETHING TO CHEER YOU UP

You can write/draw something that you can go back to look at/read whenever you feel down/anxious/unmotivated.

- Your long-term goal

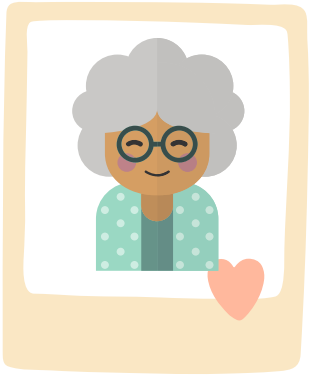
Write what you would like to do or be in a long term, like "continue journaling every day for 1 year", "Be confident to say NO to others", or "Pass the exam in March".
The goal can be concrete or abstract, as long as when you read it, it makes you energize.

- What makes you feel happy

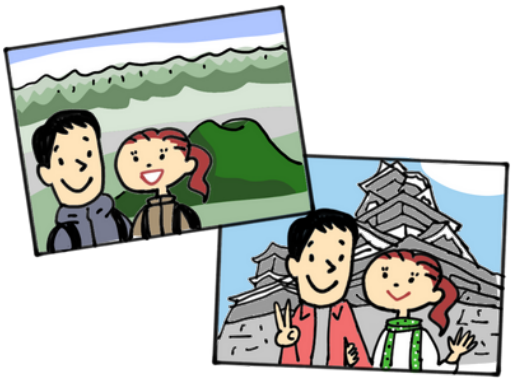
This can be a list of things that make you happy, like "hot chocolate" or "nature"Or activities like"swimming" or "going for a walk with my dog". You can draw something or glue a picture of the item in your journal.

- Improtant people for you

Write a name of people who make you feel happy. Or you can put photos.



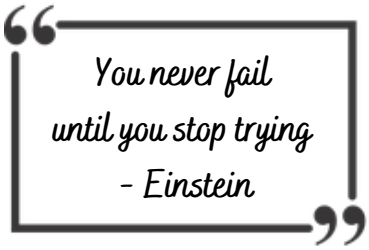
- Your good memories from the past



You can put photos from the past when you had a great time. Or you can copy an email from your friend which really cheered you up.

- Quotes

I like quotes. Reading my favorite quotes makes me feel that I can keep going a bit more.
I put some quotes in this e-book. You can google and find many more.



2. SOMETHING TO CALM YOU DOWN

You can write/draw something that you can read when you feel down/anxious

- Calming pictures/drawings

  Find your calming pictures or draw one (or as many as you like)

- A list of relaxation/mindful skills

List some relaxation skills so that you remind yourself what to do when you feel upset.
Your can refer to my e-book to find your favorite.

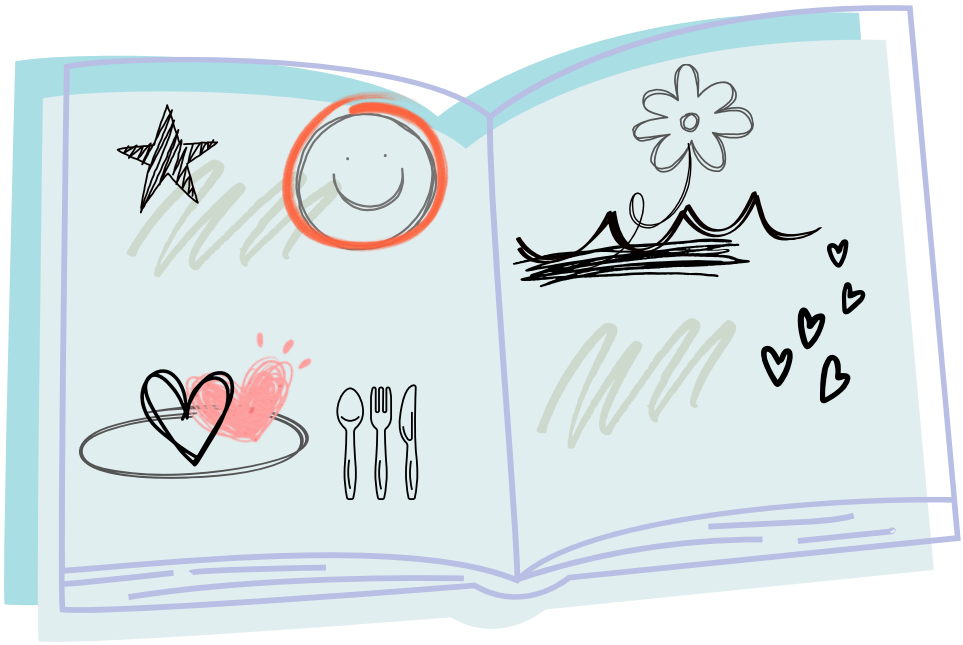
- A list of activities/music to calm you down

Which activities make you feel calm?
Do you feel calm when you listen to certain music?
List them to remind youself

3. DAILY JOURNAL

You can enter your thoughts, ideas and gratitude.
Also you can record your daily mood.
You can journal anything - poems, drawings, doodling, etc.
You can be creative or you can follow your routine!

- Daily thought
- Gratitude
- Mood tracker
- What you did well on that day
- Kind words to yourself
- What bothered you on that day
- New insight
- Kind words to yourself



QUOTES

Here are some examples of quotes.

“You are the sky. Everything else is just the weather.” —Pema Chodron

“The greatest weapon against stress is our ability to choose one thought over another.” —William James

“For fast-acting relief, try slowing down.” —Lily Tomlin

You don’t have to control your thoughts. You just have to stop letting them control you. – Dan Millman

“One of the best ways to reduce stress is to accept the things that you cannot control.” —M.P. Neary

“Your mind will answer most questions if you learn to relax and wait for the answers.” —William S. Burroughs

“Be patient. Life will offer you another chance as soon as you find calm within, for abundance is born out of calmness.” —Leon Brown

“The mind is like water. When it’s turbulent, it’s difficult to see. When it’s calm, everything becomes clear.” —Prasad Mahes

“In calmness lies true pleasure.” —Victor Hugo

"What we resist persists." - Karl Jung

“No one can hurt you without your consent.” - Eleanor Roosevelt

PROMPTS

More prompts can be found on internet.

- Close my eyes and imagine a peaceful, safe place. Draw what comes up to my mind.
- Write one peaceful thought
- Write a phrase from my favorite song and draw something to those words
- Draw mandala
- Colour in my mandala
- Write a "Thank you letter" to my anxiety to keep me safe and let it know that I am ok without it now
- What is one lesson I learned today?
- What is one belief/behaviour that I need to let go?
- What is your biggest fear?
- What makes me proud of myself?
- Who inspires me the most?
- What is my favorite memory? What do I feel when I think of that?
- What do I need to forgive myself for?
- Whom do I need to forgive?
- What made me motivated in the past?
- What can I say one positive thing to myself?

MORE PROMPTS

- What do I love the most about myself?
- What is my most recurrent emotion?
- What do I need more in my life?
- What does my dream life look like?
- What has been draining my energy?
- What is causing me stress?
- What gives me a sense of satisfaction?
- Write/draw about my favorite season.
- Write to my past/future self.
- Write about a person I admire.
- Write one thing I dream of doing.
- Where is your favorite place?
- How can you make tomorrow more wonderful?

Dr. Noriko Noda offers coaching sessions to support your holistic well-being.
To find out more, please feel free to book a free 30 min discovery session.

Book a discovery session now !

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