



Mindful Journaling

For Better Sleep

Studies have shown that journaling can help us to accept our thoughts and emotions rather than judging them. In writing down your thoughts this way you get to process your experiences and check-in with yourself. It helps to improve our awareness and perception of events in our lives. And, mindfully from this fresh perspective you have some mental space to view your circumstance objectively. This can help reduce stress, allowing you to switch off and move your subconscious mind from a busy problem solving mode to a restful state.

How to:

- Please use pen and paper and not a digital device. 10 minutes may be enough to get started with but take as long as you need.
- In a journal or notebook simply write down what's on your mind. Express yourself fully and the invitation is not to hold back. Just let the words flow onto the paper.
- Focus your attention inwards. Write about how you are feeling. Are you ruminating on anything that happened today? Is there a thought going round and around in a loop? Put it all down on paper.
- Are you mentally preparing for tomorrow? If you are busy thinking about your tasks for the next day, jot down a quick to-do list in case you are worried about forgetting to do or say something. You can check it in the morning.
- Close the practice by writing down one thing you are grateful for.
- Lastly, the invitation is not to judge what you have written. Close your journal, you have given yourself permission to rest and prepare for sleep.

Tips

- Make it your own. I have offered a suggestion on how to do this practice but please structure your journaling in a way that feels right for you. Anything goes, there is no right or wrong way here.
- Do not edit as you are writing. This is private and just for you.
- Reflect on the practice. How do you feel in your body now compared to before you started? Do you feel calmer? Are your thoughts less busy?
- Aim for consistency. Even 5 minutes a day is worthwhile. The intention is to form the habit rather than focussing on quantity or minutes spent writing.
- Give it time to work. Remember these changes take time, so be patient and kind to yourself in the process.
- If strong emotions come up and you feel upset , placing a hand on your heart/chest can help you feel comforted. (This form of physical supportive touch has been shown to release the 'happy' hormone oxytocin which helps us calm down and feel safe)

Mindset Shift

Your inner critic may view this activity as just an extra thing to do in your already full day. You might ask, can I justify the time? The invitation here is to challenge this thought, and with curiosity try the practice to see if how it benefits you. Remember, this small time investment is a positive action that has the potential to give you back a lot more than you put in. Like, reducing stress and helping you sleep better.