

Restore Activity Series

Write Your Thoughts



**Get Your Thoughts on Paper
and Out of Your Head**

How To Get Started

Journaling is an excellent way to get your thoughts and feelings out of your head. It can be a tool for better understanding what you're thinking, how you're feeling, and why you might be thinking or feeling those things. When thoughts are trapped in our heads with no outlet, we believe them, even if they are lies we're telling ourselves. When you can see them or read them out loud, it's easier to identify those lies and remove them from what we consider "truths:" about ourselves.

As new moms who are experiencing postpartum struggles, it's easy to tell ourselves lies about our abilities as a mom, about our bodies, about our worth. Journaling allows you to put those feelings down and can be a great source for conversation with your significant other or your therapist.



Journaling can also be incredibly helpful when it comes to articulating your feelings to your significant other. If you struggle to explain to them how you're really feeling, write those things down. Then, either let them read what you wrote or use them as notes when you sit down to talk to them.

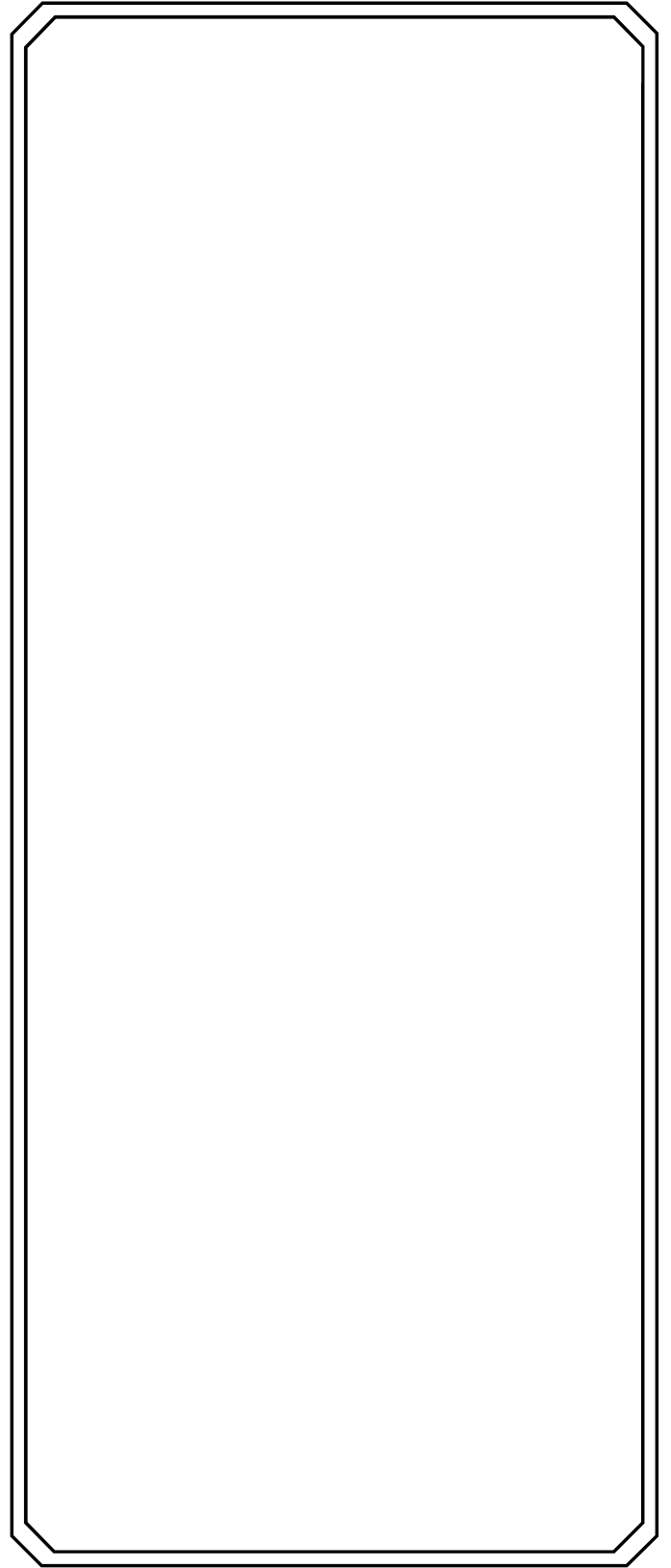
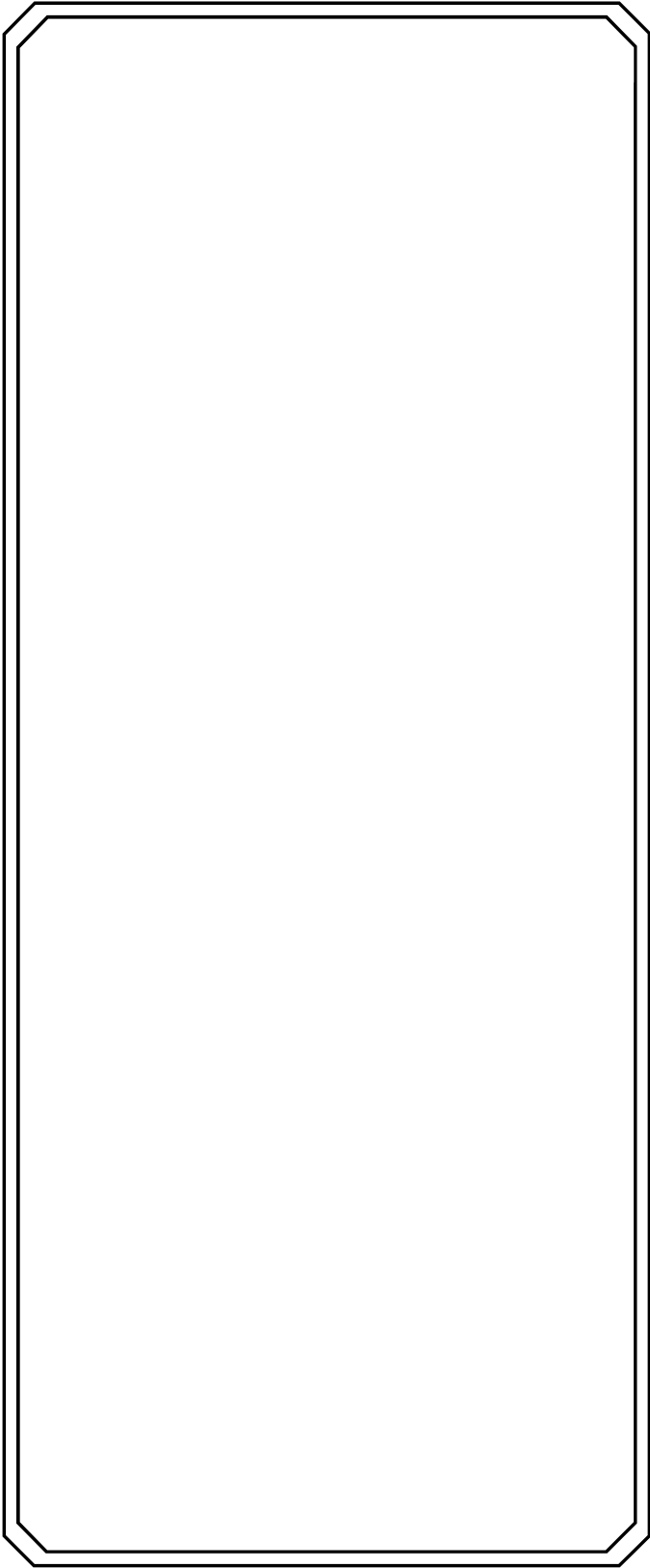
Use the following pages as templates to help you get started on your journaling journey. Or, use a dedicated journal or a document on your computer. Whatever method is most comfortable to you is the best option.

Let It Flow

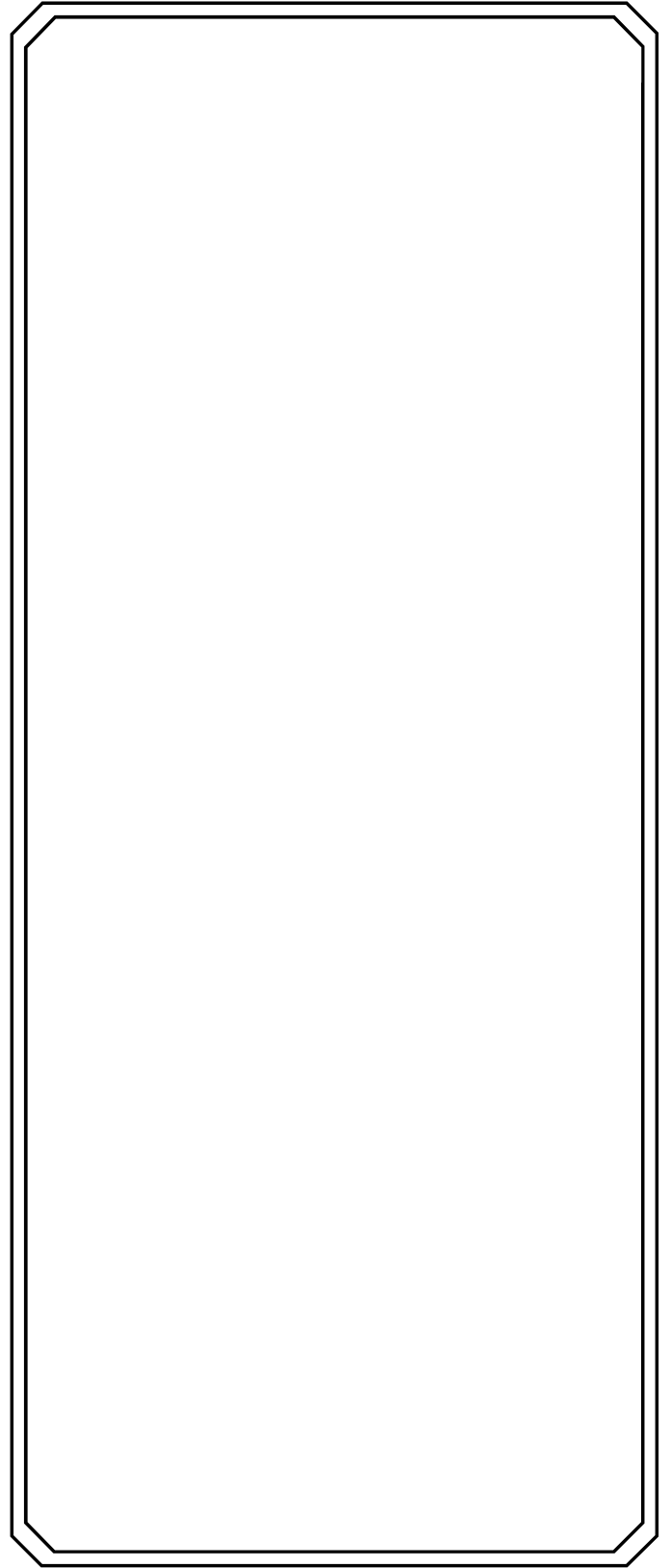
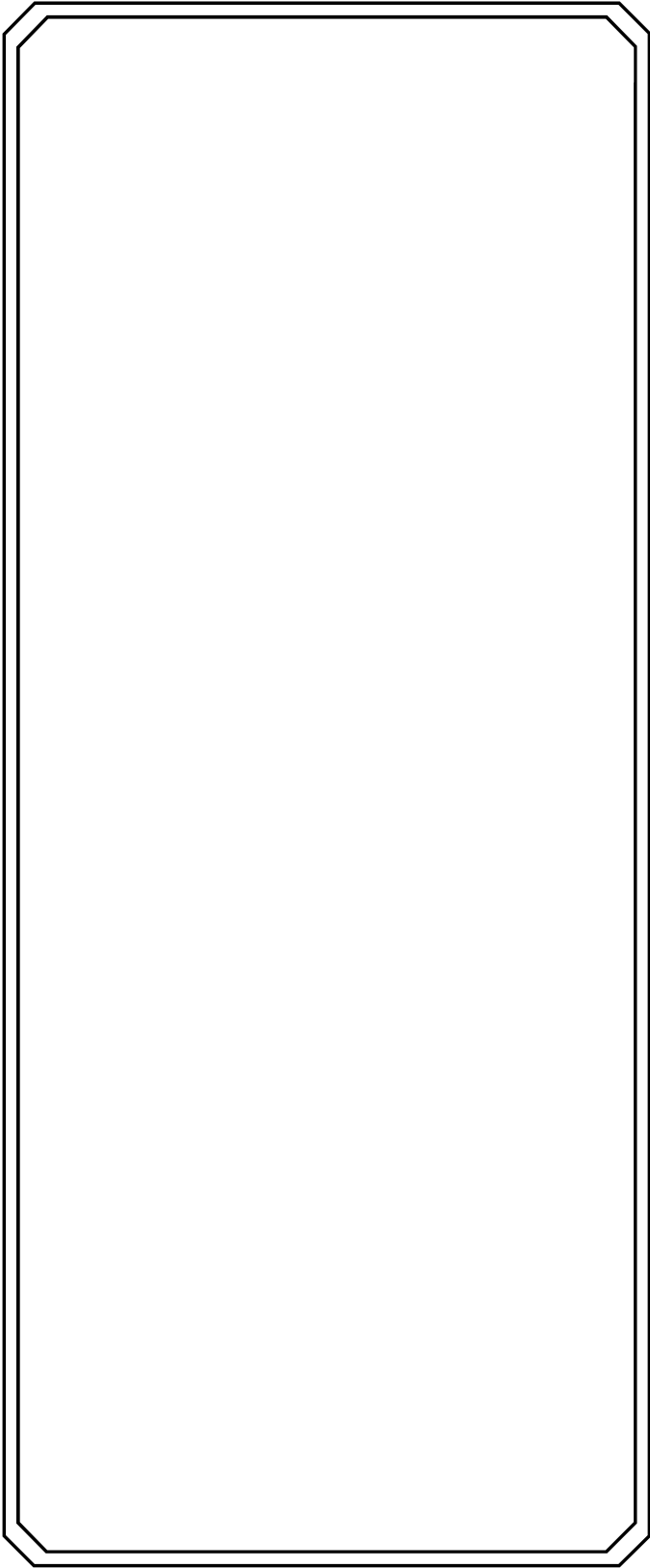
Use the next couple of pages to write down your thoughts, feelings, worries, fears, anxieties, pressures, hopes, wins, ambitions, and more.

The page contains two columns of horizontal lines, each with 15 lines, providing a space for writing. The lines are evenly spaced and extend across the width of each column.

Let It Flow



Let It Flow



Free Writing

Use the next several pages to write more freely. No expectations, just whatever you want to get out.

Free Writing

Free Writing

A large, empty rectangular box with a double-line border and rounded corners, intended for free writing. The box is centered on the page and occupies most of the middle section.

Free Writing

A large, empty rectangular box with a double-line border and rounded corners, intended for free writing.

The Research

Below are some key pieces of research and articles around the benefits of journaling.



Barth, F Diane. "Keeping a Journal Can Be Good for Your Emotional Health." Psychology Today, 4 May 2018, www.psychologytoday.com/us/blog/the-couch/201805/keeping-journal-can-be-good-your-emotional-health.

"How Journaling Supports Your Health." Northwestern Medicine, www.nm.org/healthbeat/healthy-tips/emotional-health/take-note.

"Journaling for Mental Health." University of Rochester Medical Center: Health Encyclopedia, www.urmc.rochester.edu/encyclopedia/content.aspx?ContentID=4552&ContentTypeID=1.

Newman, Kira M. "How Journaling Can Help You in Hard Times." Greater Good Magazine, 8 Aug. 2020, greatergood.berkeley.edu/article/item/how_journaling_can_help_you_in_hard_times.

Smyth, Joshua M et al. "Online Positive Affect Journaling in the Improvement of Mental Distress and Well-Being in General Medical Patients With Elevated Anxiety Symptoms: A Preliminary Randomized Controlled Trial." JMIR mental health vol. 5,4 e11290. 10 Dec. 2018, doi:10.2196/11290. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6305886/>.