



## WRITING YOUR WAY THROUGH – Keeping a Journal in Tough Times

Getting through tough times isn't easy for any of us. Some people find writing down what's in their heads and hearts can make a positive difference. Many people are surprised how it helps them.

Writing your thoughts and feelings out on paper can be a significant release during stressful and emotional times.

Writing can:

- \* help us un-jumble the many things mixed up in our minds
- \* get our feelings and thoughts outside of us, which can decrease their intensity inside of us
- \* be a healthy way to let go of very big and difficult emotions – such as anger and fury.

Here are some thoughts from people who have kept a journal or diary through tough times .

*“Sometimes I feel like I’m writing all the same things over and over again. But when my pen is in my hand and hits the paper I just lose time. I just let it all come out – whatever it is. I don’t care. I reckon it’s just got to come out so I may as well let it. When I run out of steam I feel like I’ve been for a long run or something! I definitely feel better and more ready for whatever’s next.” Richard, 46*

*“After the funeral someone gave me a big hard covered book with blank pages in it. It had a card that just said. “Try Writing”. It wasn’t my thing really but I gave it a go and actually it made a real difference. I don’t really know why. Guess it just got what was inside of me, out of me. It’s something I give my friends now when they’re going through difficult stuff.” Alex, 17*

## Getting Going...

- Write whenever you want to, and how you want to. There are no rules.
- Use any paper you like - even the back of an envelope!
- Some people like to have something to write on with them, to use whenever they feel the urge to get writing.





## ***A skylight information sheet***

- You might like to use a notebook, you can choose from all all shapes and sizes. Spiral bound notebooks are good because you can easily pull out pages if you want to.
- What you write is for your eyes only - unless you choose to show and share it with others. So you don't need to worry about spelling, grammar, punctuation or tidiness.
- Remind yourself you get the choice about what to do with what you write – keep it or toss it.
- If you can't find full sentences, just write down words and phrases that sum up things for you.
- You might want to make drawings, doodles or cartoons of your thoughts and feelings.
- You might want to stick in pictures or other people's words that you find meaningful.
- Date your writing. Later on it can be interesting to see how things were for you at different points.

**So - go for it! We hope it helps your journey through change and grief.**

