

THE ART OF JOURNALING

Dear Colleagues and brilliant Students of CBIT, We (Committee for Counselling) feel encouraged to come before you, with few exciting Articles, Appeals and Activities beginning with this “Art of Journaling”, hoping you will all be benefitted personally and also engage yourself in your Passions that may find place in the Content that we will be uploading for you.

Let me as the Counsellor, ask you, as to how each one of you; Faculty and Students holding up during these unprecedented times...

Have your thoughts been racing more than usual lately? Do you feel troubled at the uncertainty that may be staring at you - Career, Academics, Internships, Exams, Covid Infection through Community spread and so on?

Among the many Practices that could be considered to disengage yourself from such insecure thoughts one very simple and practical approach to overcome the uncertain feeling is taking up Journaling to help bring in you a sense of control, calmness and a deeper understanding of your emotions as the Practice involves your writing all that you think, do or speak because it has been proven in numerous Studies that “what you write, you control”.

Journaling or Journal writing is the process of recording Personal Insights, Reflections and Questions on assigned or Personal Topics. It includes your thoughts about daily experiences, tasks, goals, current events etc to express in a healthy way. It is a practical and accessible way to stay connected to your inner self, your body, your dreams and your purpose in life and a helpful tool in managing your mental health.

“Writing accesses your left Hemisphere of the Brain, which is Analytical and Rational,” says Maud Purcell, a Psychotherapist and Journaling expert. “While your left Brain is occupied, your right Brain is free to do what it does best, i.e. Create, Intuit and Feel. In this way, writing removes Mental Blocks and makes us understand our predicament better.”

Steps to start Journaling:

1. **Identify** the tasks and goals and write down as 2 or 3 points that will make it easier to start the day and progress. It can be a mix of Personal, Academic/Professional, Health and Fitness. You can write about the things that you are passionate about, Dreams, Interests and Hobbies. Write the bit to be done each day.
2. Start with small goals which are **SMART** (Specific, Measurable, Attainable, Realistic and with a Time line).
3. Make a **Commitment** each day to get started. Give 5-10 minutes uninterrupted time to write down the journal and maintain the same time every day.
4. End of each day look back at what you have accomplished. **Applaud** your achievements and plan a **follow up** for the next day.
5. Try this **for at least 30 days**, review what you have learned and progressed.

“Writing in a Journal each day, with a structured, strategic process allows you to direct your focus to what you did accomplish, what you’re grateful for, and what you’re committed to doing better tomorrow. Thus, you more deeply enjoy your journey each day, feel good about any forward progress you made, and use a heightened level of clarity to accelerate your results,” says **Hal Elrod**, Author of “*The Miracle Morning*”.

Journaling can help you:

1. **Assist you to acknowledge the stress-**. Writing down can help you prioritize problems, fears, and concerns and work through them, rather than ignore them.
2. **Organize your racing thoughts-**Regularly writing down what’s on your mind, no matter what it is, can help release your emotions, make sense of your surroundings and improve your overall well-being.
3. **Ease your mind-**You are helping your brain relax and setting a plan to help ease those racing thoughts. This way, you have an outline of where you want the day to lead and then if it begins to feel out of control, you can look back at your notes and try to get back on track.
4. **To control and enhance your mood-** Tracking day-to-day, so that you can recognize triggers and learn ways to better control them and providing an opportunity for positive self-talk.
5. **Be Grateful** -At the same time as you’re feeling stress, you may be forgetting the positives in life. After you’ve transferred your more negative thoughts from your mind to your journal, don’t forget to also add what you’re grateful for.

A minor change in one aspect of your life can trigger so many other positive changes.

It’s your journal and you have the ultimate freedom to discover the expression that fuels your Personal Journey. So what are you waiting for? Get to Journaling, Realise your Potential, Dreams and Achievements that you plan to accomplish... Ignore what is staring as insecurity and Visualise yourself as a fighting the Good Fight to win the Crown that is Yours.

Stay in Control. Stay Creative.

Stay Home. Stay Safe.

If anyone wishes to discuss the above techniques, their thoughts or anxiety, feel free to contact me

B Vijaya Lakshmi

Students Counsellor-CBIT

Ph no.8247763171

Email id: studentscounsellor@cbit.ac.in