

Journal Club Resources

Research has shown that routine journaling can help with emotional well-being. Below are websites with quick and easy ideas for making routine journaling a healthy habit, not “one more thing” to do.

Additionally, you may want to discuss different mediums for journals – while a notebook will do, others may prefer a Word document, app, or blog to get started.

A blog is a digital journal; the name is short for “web log”. Free blogs can be used as private journals for those who prefer typing to writing by hand. Since these are online, they would be accessible from any computer or tablet by their owner.



Remember: “I want to write, but more than that, I want to bring out all kinds of things that lie buried deep in my heart.”

– Anne Frank

Free Blogging Platforms

www.wordpress.com

www.blogger.com (links with a Google email address)

www.blog.com

Resource List

www.lifehacker.com/why-you-should-keep-a-journal-and-how-to-start-yours-1547057185

– A look at benefits of journaling and ways to begin, on paper or digitally

www.greatergood.berkeley.edu/article/item/tips_for_keeping_a_gratitude_journal

– Benefits and tips for starting a gratitude journal

www.lifehack.org/articles/technology/5-online-journaling-tools.html?ref=sidebar

– Tools for digital journaling

www.inspacesbetween.com/wp-content/uploads/2013/10/60JournalPrompts.pdf

– 60 journal prompts for self-discovery, self-love, and self-coaching

Resource List Continued

www.journalingsage.com/daily-journaling-prompts – One prompt a day; see the archives (at the lower right corner) and 2015 ideas (on the lower left corner)

www.journalbuddies.com/journal_prompts_journal_topics/writing-ideas-67-journal-prompts-for-inspiration – List of 67 prompts with various topics

www.lifehacker.com/5877106/keep-a-journal-of-awesomeness-to-boost-your-self-esteem

– Self-esteem building prompts

www.lifehack.org/articles/lifestyle/15-journaling-ideas-for-self-discovery-healing-and-fun.html – Various prompts for entries

Personalizing a Journal Cover

Want to kick off your first meeting with style? Host a decorating event using one of the websites below! Transforming a simple notebook can encourage writing.

www.instructables.com/id/How-to-Decorate-a-Composition-Journal

www.coolcrafts.com/customizable-diy-notebook-covers/

www.gurl.com/2016/07/28/creative-easy-diy-ways-to-decorate-your-notebooks-back-to-school-crafts/

