

Journaling workshop



60 minutes

Objective

- *To provide participants with a practical tool to facilitate mental rest through journaling, allowing them to process thoughts, reduce mental clutter, and enhance self-reflection.*

Materials needed

- Journals or notebooks (one for each participant)
- Pens or pencils
- Quiet, comfortable space for writing
- Optional: colored pens or markers for creative expression



Tool Description

Journaling is a reflective writing practice that promotes mental clarity and emotional release. It serves as a mental rest tool by allowing individuals to organize their thoughts, express emotions, and gain perspective on their daily experiences.



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Instructions

1 - INTRODUCTION (20 minutes)

- Introduce the manual
- Allow participants time to familiarise themselves with the manual and its content
- Focus on the chapter **Mental Rest**
- Introduce the importance of **journaling** as a practice and let participants know this will be the main focus of this module

2 - GUIDED JOURNALING SESSION (30 MINUTES):

- Ask participants to start with a "Brain Dump" exercise.
- Encourage them to write freely for 5-10 minutes about anything on their minds without worrying about structure or grammar.
- Introduce a series of reflective prompts to guide writing:
 - *What is currently occupying your mind, and how do you feel about it?*
 - *Write about a recent experience that was meaningful or challenging.*
- List three things you are grateful for today.
- Describe a place or activity that makes you feel relaxed
- and why.
- Allow participants to choose which prompts resonate with them or create their own.

See Annex 1 - Sample Journal Prompts



Instructions

3 - CREATIVE EXPRESSION (10 MINUTES):

Invite participants to use colored pens or markers to illustrate their feelings, draw symbols, or highlight key ideas from their journal entries.

4 - QUIET REFLECTION (10 MINUTES):

Encourage participants to read over their journal entries silently and reflect on any insights or patterns they notice.

5 - GROUP SHARING (OPTIONAL, 15 MINUTES):

Offer an opportunity for those who feel comfortable to share thoughts or insights with the group, fostering a sense of connection and support.



Reflection questions

- How did journaling make you feel? Did you notice any changes in your mood or mental clarity?
- What thoughts or emotions surfaced during the writing process?

**On paper, thoughts find clarity
and emotions find rest.**

- How might regular journaling contribute to your mental rest and well-being?
- What new insights or perspectives did you gain from this experience?



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Annex 1 - Sample Journal Prompts

Reflection and insight prompts:

1. Describe a recent moment of joy and what made it special.
2. What challenges have you faced this week, and how did you handle them?
3. Write about a person who inspires you and why.
4. Reflect on a situation that made you feel stressed. How might you approach it differently next time?
5. List five things you love about yourself.

Gratitude prompts:

1. Write down three things you are grateful for today and why.
2. Describe a simple pleasure you experienced recently.
3. Who has made a positive impact on your life recently? How can you show appreciation?

Creative prompts:

1. If you could go anywhere in the world, where would it be, and why?
2. Imagine you are writing a letter to your future self.
3. What guidance or encouragement would you include?
4. Describe your perfect day from morning to night.

