

THE SCIENCE OF JOURNALING

REDUCES STRESS

Journaling can help process and overcome stress. In one study, students who journaled about their test anxiety before the exam outperformed those who only wrote about the test content.

RELIEF IN TOUGH TIMES

People who spent 15 minutes twice a week journaling about a stressful event later reported feeling less anxious and depressed, especially if they were struggling before.

IMPROVES HEALTH

Journaling keeps you healthy! Patients living with chronic health conditions saw physical improvements after writing consistently about stressful or negative experiences.

IMPROVES MEMORY

Writing about your thoughts and emotions frees up space in your memory and improves its function at the same time.

EMOTIONAL WELL-BEING

Repeated journaling increases emotional intelligence, helping you to process thoughts and feelings in a healthier way.

CHOOSE YOUR JOURNALING STYLE

Bullet Journal: Write your thoughts in bullet points

Blank Notebook: Let your creativity take over

Artist Journal: Draw or tape in mementos

Gratitude Journal: Focus on what you're grateful for each day

Journaling Apps: For those who are more digitally minded, these apps will help you journal across all your devices so you stay on top of it! See the sidebar for some suggestions.

STAY ON TRACK WITH THESE APPS

DAY ONE

- Add text, pictures, videos and even music you're listening to.
- Password protected.
- Tag and sort entries.

Top Feature: Custom reminders ping you at the times you choose.

DIARIUM

- Pull content from social media feeds or fitness trackers.
- Rate your journal entries to help track how you're feeling.
- Voice dictation.

Top Feature: Syncs across cloud apps like Google Drive so you can access data from anywhere.

PENZU

- Simple, userfriendly interface.
- "No-frills" journaling.
- Strong privacy features.

Top Feature: Data is encrypted, and users always have the option to auto-lock their journal.

FIVE MINUTE JOURNAL

- Perfect for those new to journaling.
- Guided journaling.
- Focus on gratitude and self-reflection.

Top Feature: Bite-sized prompts make journaling quick and easy for those new to the space.

MOMENTO (iOS only)

- Pull your social media posts into one place.
- Option to collect Uber history, saved Spotify tracks and YouTube videos.
- Create albums based on different events.

Top Feature: Reminders offer journal prompts in case you're stuck on what to write.

CLIENT *Success Stories*

Welcome to Chicago Sahil, Pooja, and Cashew!

Congratulations to Sainath R. on the sale of your South Loop condo!

Thank you Judy P. for another referral!