

Write it down – Journaling

Explanation: By writing down our thoughts we get them out of our heads and often this means they stay out of our heads. It also helps us sort our thoughts out and even come up with solutions to problems. By putting our thoughts into words we start to make sense of them and we also notice how thoughts and feelings come and go.

How to do it: There are lots of different ways to try this beyond the stereotype of writing a daily diary entry. The purpose is to take some time to record your thoughts and feelings. You could have a lovely notebook, or you could type on your laptop, you could record voice messages. You could do this every day or just when you feel the need. The best thing to do is experiment and find what works the best for you.

When it's useful: This is something to do when you're on your own and wanting to make sense of how you feel. The more often you do it the easier it gets, and the more things seem to make sense.

