**Journaling for a Stronger Mind**

By Hailey de Fremery

Editor: Health

Weekly Contributor: Balanced Lifestyle

Co-editors: Astrid Craig, Jaedalynn Hall, Kelsey Ericah Ang

We spend a lot of time thinking about our physical health. Eating well, exercising, and getting enough sleep, but what about our mental well-being? Just like stretching or nourishing meals support the body, journaling can be a daily habit that strengthens the mind.

Journaling is simple, low-pressure, and entirely your own; it gives your thoughts a place to land. Whether you’re writing about something weighing on you or just listing what made you smile today, journaling helps you slow down and reconnect.

You don’t need a fancy notebook or poetic sentences. Start with a scrap of paper, a Google Doc, or a blank page in your notes app. Some days, you might fill pages. On other days, a sentence is enough. The key is consistency and kindness toward yourself.

Need a few prompts to get started?

* What’s been on my mind lately, and how do I feel about it?
* What’s one small win I had today?
* If I could tell my future self one thing, what would it be?

Do it in the morning to set the tone for the day, or in the evening to unwind. You might be surprised how much clarity, peace, and even creativity emerge when you give your mind a safe space to speak.

So the next time you make your overnight oats, take a few extra minutes to jot down a few thoughts too. Your mental health deserves it.