



RILEY'S RAINFOREST

“Send down . . . from the clouds of Thy mercy the rains of Thy healing . . .” —Bahá'u'lláh

Joys of Journaling

Do you ever talk to yourself? A journal is a great way to do just that. It can help you sort through ideas, record memories, and express feelings.

Journaling can even improve your health. In one study, a group of students wrote about an upsetting event, while others wrote about something that wasn't emotional. Four months later, those who wrote about their deepest feelings had fewer sick days and visits to the doctor.

How does writing help? Some researchers believe that reflecting on feelings of pain or sadness can reduce stress. Lowering stress can lead to a stronger immune system and better sleep, which is when the body can heal and restore itself.



How you write is also important. The key is to go beyond just expressing feelings. Rather than only writing, “I was angry,” describe *why* you felt angry. *What* did you learn from the experience, and *how* will you

handle the problem in a positive way? That can help you resolve conflicts and plan future actions, like talking to a friend about what happened.

A notebook is a good place to share feelings that might be hard to talk about in person. But you don't have to write only about problems. You can also record your goals, dreams, and awesome experiences. Be sure to date your entries—it can be fun to look back later on. Give it a try. You might find that writing is *right* for you.

Explore & Soar: Express Yourself

There are lots of fun ways to explore journaling. Experiment with these specific types:

- ☐ Travel. Keep a notebook to record your adventures in new places.
- ☐ Dreams. Write about your dreams as soon as you wake up.



- ☐ Drawings. Use pictures to express your thoughts or record memories.
- ☐ Faith. Keep track of your favorite prayers and writings, and questions you have for God.
- ☐ Gratitude. Jot down three things you're thankful for each day.
- ☐ Nature. Go outside, connect with nature, and write about it.
- ☐ Vision. Write about your goals, wishes, and dreams for the future.

Curiosity Canopy



Did you know? Anne Frank, a Jewish girl living in the Netherlands during World War II, kept a journal for two years while her family hid from the Nazis. Her diary was later published in 67 languages! Anne wrote, “When I write I can shake off all my cares.”

Correction: Our last issue stated that Helen Keller was born blind and deaf, but she actually lost her sight and hearing after an illness at 19 months.