

LIVE ANOTHER DAY



Writing Journal

www.coastal.edu/counseling

How to Journal

What to Write:

- A feeling (sadness, anger, guilt, frustration, loneliness, etc.)
- A memory that makes you feel sad
- A situation that has evoked feelings for you
- A person that you miss
- Comfort objects (a blanket, teddy bear, etc.)
- How you would like to feel
- What would make you feel better
- The steps that would move you toward healing
- What you have difficulty saying to others
- Something that makes you laugh
- People who support you
- What you have to be grateful for
- Anything that will help get you started in expressing yourself

Tips:

- Don't worry about whether you have written it properly. If it expresses how you feel, it has its purpose.
- Try writing quickly without thinking too much or try writing very slowly to force yourself to think and feel as you go.
- Try adding a drawing that expresses something you've written.
- Try building from the negatives in your life to the positives.

Tips for Coping with Depression

- Exercise
- Eat nutritious meals
- Keep active/get out of bed—giving in to it and staying in bed won't help
- Get plenty of rest (6-8 hours) if you can't sleep at least take time to rest
- Express yourself (thoughts and feelings)
 - Write in a journal
 - Draw
 - Talk to friends and family
 - Seek counseling
- Spend time with supportive people
- Develop your assertiveness skills
- Build pleasure into your life
 - Develop hobbies
 - Treat yourself to what feels good (bath, ice cream, playground, massage)
 - Make sure that your job or major is something you really enjoy
- Limit drugs and alcohol, caffeine, nicotine, and sugar
- Expose yourself to sunlight
- Keep a daily routine
- Seek out humor and laugh (books, movies, friends, etc.)
- Learn about and develop your strengths
- Limit the negative things you say to yourself
- Develop positive statements about yourself and the rest of the world—repeat them to yourself constantly. Make sure your statements are believable
- Read a good self-help book
- See a counselor—a counselor can help you with all of the above and more!

Counseling Services at Coastal Carolina University

www.coastal.edu/counseling

843-349-2305