

# Building your Resiliency Muscle with Christine

## Expressive Journaling

Expressive Journaling Practice: Otherwise known as the brain dump! This practice is helpful if you notice yourself having repetitive thoughts that you wish to release. Give yourself 10 minutes and a blank piece of paper. Begin writing words, sentences, emotions, images or even drawings describing your thought. Don't hold back, there is no need to make your writing a masterpiece, just simply get thoughts and feelings down on paper. Then... crumple up the paper and throw it away! Try this 10 minutes each day for one week. Handwriting is suggested for this practice, as putting pen to paper converts our thoughts to a physical action which helps us to process and reframe them.

A series of 20 horizontal beige bars, stacked vertically, intended for writing during the expressive journaling practice. Each bar is approximately 800 pixels wide and 25 pixels high, with a small gap between each bar.