



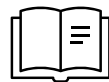
Journaling and Writing

Living with PTSD, TBI, or a physical injury can be stressful on everyone in a military family. However, journaling and writing may reduce stress, lower blood pressure, decrease anxiety and depression, and increase positive mood and wellbeing. Studies also show that students may improve grade point average, memory, and writing skills through journaling. Journaling and writing can also improve emotional intelligence in many ways. Use these research-proven writing techniques with your military child:



Expressive Writing- Writing personal and emotional thoughts without worrying about punctuation or grammar.

Ask your military child to spend 10-20 minutes writing about the hardest thing they have gone through. Repeat this activity once a week for a month.



Journaling- Recording personal experiences and thoughts regularly; another form of expressive writing.

The Imagine Project, Inc offers free downloadable journals by age group: kindergarten, children, teenagers, and adults. [The Imagine Project Journals](#)



Gratitude Journal- Writing down things you are grateful for.

Invite your military child to write down the things they are grateful for once a week or just three things each day. Write them individually or together.



Best Possible Self- Envisioning and writing a realistic version of your best possible self in the future.

Choose a future timeline: 1, 5, 10, 20, 50 years from now. Tell your military child to imagine the best possible self they could be at that time. Take about 5-10 minutes.



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