



Journaling for Emotional Wellness

When you were a teenager, you might have kept a diary hidden under your mattress. It was a place to confess your struggles and fears without judgment or punishment. It likely felt good to get all of those thoughts and feelings out of your head and down on paper. The world seemed clearer.

You may have stopped using a diary once you reached adulthood. But the concept and its benefits still apply as a grown up. Now it's called journaling. It's simply writing down your thoughts and feelings to understand them more clearly. And if you struggle with stress, depression, or anxiety, keeping a journal can be a great idea. It can help you gain control of your emotions and improve your mental health.

[Read more...](#)



This Month's Webinar

What EQ Can do for You: Strategies for Enhancing Emotional Intelligence

Emotional Intelligence Quotient (EQ) is more important than IQ when it comes to predicting both personal and professional success. Defined as a combination of self-awareness and self-management skills, as well as our ability to sense and appropriately respond to the needs and emotions of others, EQ is at the heart of effective relationships. Join us for this dynamic session, where you will gain strategies for enhancing your emotional intelligence and learn about its connection to success and fulfillment.

[Log-in](#) any time this month to watch the webinar!