

ALTITUDE

Taking Wellness to New Heights

January 2025

JOURNALING INTO THE NEW YEAR

January marks the new year and is a time when many people implement new habits to improve their well-being. While all resolutions are important, there is one habit you may not have thought to include: journaling. Let's review some ideas on how to start a wellness journal!

Keep it private

It is important to keep your journal in a safe place that others do not have access to. This will ensure you are able to be completely honest and vulnerable without the worry of others reading your personal and private thoughts.

Be consistent

Pick a time of the day that you know will always work for you without interruptions. Maybe the morning time is best or maybe you feel it would be better to recap your day before bed. Whichever you choose, stick to it and make sure to jot a little something down each day.

Start small

It can be overwhelming to implement new habits, so try to start small by journaling a few sentences, or even bullet points. There are so many great designs of journals that may help you keep track of your mood, stress level, exercise progress, or your personal thoughts. You can also try to freestyle it, even if that means "rambling." Find what format and style works for you and build from there. Don't be afraid to mix it up if you get bored with the style you initially choose.

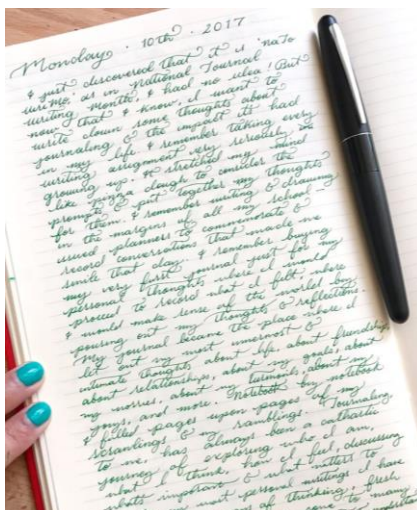
Forgive yourself

Remember, no one is perfect, and there will be times when you are not able to journal. Forgive yourself for missing a day or two, but don't give up on journaling!

Below are two examples of journaling – figure out what parts of each work for you.

DATE: _____

THOUGHT OF THE DAY:	JUST FOR ME:
_____	_____
_____	_____
_____	_____
THINGS I ACCOMPLISHED:	WHAT INSPIRED ME TODAY:
1. _____	_____
2. _____	_____
3. _____	_____
_____	_____
_____	_____
Today I feel _____	
Tomorrow, I will _____	this feeling by _____



IN THIS ISSUE

DID YOU KNOW...?

- Over 1 million New Year's travelers will drive to their destination.
- January is typically the coldest month in the Northern Hemisphere and the warmest in the Southern Hemisphere.
- The Times Square Ball weighs 11,875 pounds and 2,688 Waterford crystals cover the ball.
- Don't forget to donate blood in January, it's National Blood Donor Month.
- Bubble wrap was originally invented as wallpaper.
- Of the 45% of Americans that create New Year's resolutions, only 8% keep them.



Helping Your Organization Reach Peak Results



THE IMPACT OF JOURNALING

Improves your physical health

- Journaling can help identify stressors in your life and provides an outlet to be able to resolve the issues and manage your stress.¹
- It can also improve your mood by helping you prioritize any overwhelming feelings or tasks.¹
- Studies show writing about stressful or emotional events for 15-20 minutes on 3-5 occasions can decrease stress related doctor visits, reduce blood pressure and depression symptoms, and improve your immune system.²
- Journaling promotes mindfulness by forcing us to focus on the present moments and acknowledge the good and bad of our day to day activities.³

Helps achieve goals

Journaling may start to foster ideas, dreams, and goals as well as help you accomplish them. Studies show that individuals who write down their goals on a regular basis are 42% more likely to achieve them. By doing so, you create a connection between the right and left side of the brain. The right side, which is imaginative, is used when you think about your goals and the left side, which is literal, is used when you write down the goal. When you do both, your brain sends signals to the rest of your body and subconscious mind.⁴

Promotes overall well-being

- Consistent journaling is a form of discipline, which may encourage you to be more disciplined in other parts of your life.
- It improves communication skills because writing may increase your vocabulary and has a direct link to speaking.⁵
- According to Dr. James Pennebaker, “When we translate an experience into language we essentially make the experience graspable.”⁵



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[3] Can Mindfulness make you Happier? Retrieved from: <https://berkeleysciencereview.com/2012/11/can-mindfulness-make-you-happier/>
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