

*just* **Jhoom!**<sup>®</sup>  
with

*Shalini Bhalla-Lucas*

**A Path To Wholebeing**  
**Holistic Healing Through Energy Healing & Mindfulness**

Stand In Your Power  
**Mind**  
**Resilience**  
**Spirit**  
**Happiness**  
**Body**  
**Harmony**  
Show Up  
Speak Your Truth

**Journalling Explained**

## A Path To Wholebeing

*"Journal writing is a voyage to the interior."*  
Christina Baldwin

### Journalling Explained

#### Welcome to Journalling!

Journalling is a powerful way to connect with your thoughts, emotions, and goals. Whether you're looking to explore your feelings, boost your well-being, or spark creativity, journalling can be a transformative tool.

#### What is Journalling?

Journalling is the act of writing down your thoughts, feelings, experiences, or ideas in a notebook, journal, or even digitally. It's like having a conversation with yourself - honest, unfiltered, and freeing. *While digital journalling is a great option, studies suggest that the physical act of writing with pen and paper accesses deeper parts of the brain, including the subconscious mind.* This process can enhance emotional processing, memory, and insight.

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#### The Science Behind Journalling

Research shows that journalling has a positive impact on mental, emotional, and even physical health. Here's how:

- **Stress Reduction:** Writing about your feelings can lower cortisol levels (the stress hormone).
- **Emotional Regulation:** Journalling helps process emotions, making it easier to understand and cope with them.
- **Improved Focus and Creativity:** Regular journalling clears mental clutter, enhancing concentration and creative thinking.
- **Healing from Trauma:** Writing about challenging experiences can aid emotional recovery and promote self-compassion.

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#### Benefits of Journalling

- Enhances self-awareness and mindfulness.
- Provides clarity and helps organise thoughts.
- Supports goal-setting and personal growth.
- Boosts mood and overall mental health.
- Acts as a safe space for reflection and expression.

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### Journalling Exercises to Get You Started

#### 1. Free-Writing Exercise: Brain Dump

Set a timer for 5-10 minutes and write nonstop. Let your thoughts flow freely without worrying about grammar, punctuation, or structure. The goal is to empty your mind and put everything onto paper. Try and do this every 3 days or so – more if you want.

**Prompt:** *“Right now, I am feeling... because...”*

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#### 2. Well-Being Tracker: Gratitude and Intentions

Each day, write about:

**Three things you're grateful for.  
One intention for the day ahead.**

**Prompt:** *“Today, I am grateful for... and my focus will be on...”*

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#### 3. Healing Exercise: Letter to Yourself

Write a letter to your past, present, or future self. Be kind, encouraging, and honest. Reflect on what you've learned, how far you've come, or what you hope for going forward. Do this letter this week – and then make a note to look at it again in 6 months to reflect on how far you've come. Doing this letter every 6 months or once a year is a great exercise.

**Prompt:** *“Dear [Your Name], I want you to know that...”*

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#### 4. The Well-Being Check-In

Once a month, reflect on your physical, relational, intellectual, mental, economic, and spiritual well-being (PRIMES). Just write one word or sentence to describe each aspect.

**Prompt:**

*“In my life this month, I feel... in my physical health.”*

*“In my life this month, I feel... in my relationships.”*

*“In my life this month, I feel... in my intellectual pursuits.”*

*“In my life this month, I feel... in my mental state and emotions.”*

*“In my life this month, I feel... in my finances and economic situation.”*

*“In my life this month, I feel... in my spirituality.”*

(PRIMES is a wellbeing coaching programme run by Shalini)



physical, mental  
and spiritual  
happiness

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### Tips for Building a Journalling Habit

- Keep your journal somewhere you'll see it often – but safe from prying eyes. Your journal is private and no one else should be able to read it.
- Pick a time of day that works best for you (e.g., mornings or before bed).
- Start small – even 2-5 minutes a day makes a difference.
- Be patient with yourself. There's no right or wrong way to journal.

[www.justjhood.co.uk](http://www.justjhood.co.uk)