

The Science of Journaling

Journaling is a great way to reflect on the past year and prepare for the new one – and it's scientifically proven to work! Here are a few ways journaling can benefit your mental and emotional health.

Reduces Stress

Journaling can help process and overcome stress. In one study, students who journaled about their test anxiety before the exam outperformed those who only wrote about the test content.¹

Relief in Tough Times

People who spent 15 minutes twice a week journaling about a stressful event later reported feeling less anxious and depressed, especially if they were struggling before.²

Improves Health

Journaling keeps you healthy! Patients living with chronic health conditions saw physical improvements after writing consistently about stressful or negative experiences.³

Improves Memory

Writing about your thoughts and emotions frees up space in your memory and improves its function at the same time.⁴

Emotional Well-Being

Repeated journaling increases emotional intelligence, helping you to process thoughts and feelings in a healthier way.⁵

Choose Your Journaling Style

Bullet Journal

Write your thoughts in bullet points.

Blank Notebook

Let your creativity take over.

Artist Journal

Draw or tape in mementos.

Gratitude Journal

Focus on what you're grateful for each day.



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Stay on Track with These *Journaling Apps*

For those who are more digitally-minded, these apps will help you journal across all your devices so you stay on top of it!



Day One (iOS, Android)

- Add text, pictures, videos and even music you're listening to.
- Password protected.
- Tag and sort entries.

Top Feature:

Customize reminders so they ping you at the times you choose.

Diarium (iOS, Android)

- Pull content from social media feeds or fitness trackers.
- Rate your journal entries to help track how you're feeling.
- Voice dictation.

Top Feature:

Syncs across cloud apps like Google Drive so you can access data from anywhere.

Penzu (iOS, Android)

- Simple, user-friendly interface.
- "No-frills" journaling.
- Strong privacy features.

Top Feature:

Data is encrypted, and users always have the option to auto-lock their journal.

Five Minute Journal (iOS, Android)

- Perfect for those new to journaling.
- Guided journaling.
- Focus on gratitude and self-reflection.

Top Feature:

Bite-sized prompts make journaling quick and easy for those who are new in the space.

Momento (iOS)

- Pull your social media posts into one place.
- Option to collect Uber history, saved Spotify tracks and YouTube videos.
- Create albums based on different events.

Top Feature:

Reminders offer journal prompts in case you're stuck on what to write.

SOURCES: 1. Gerardo Ramirez, "Writing About Testing Worries Boosts Exam Performance in the Classroom," American Association for the Advancement of Science, 2011. 2. K.M. Chan, K. Horneffer, "Emotional expression and psychological symptoms: A comparison of writing and drawing," The Arts in Psychotherapy, 2006. 3. Karen A. Baikie, Kay Wilhelm, "Emotional and physical health benefits of expressive writing," Advances in Psychiatric Treatment, The Royal College of Psychiatrists, 2005. 4. Thierry Olive, "Writing and working memory: A summary of theories and of findings," Université de Poitiers, 2012. 5. "For worriers, expressive writing cools brain on stressful tasks," Michigan State University, September 2017.

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