

# 5 Transformative Ways Journaling Helps Moms with Struggling Teens

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# why journal?

Are you lying awake at night? Stressed, worried, frustrated about how to help your struggling teen? I've been there!

I've created this guide, to give you some simple prompts, 5 different ways to journal and how this can help you manage and deal with all the challenges and stress you are facing.

By releasing emotions through journaling, you can prevent emotional overwhelm and gain clarity about your feelings, making it easier to navigate the challenges you face daily as caregivers for your struggling teens.



As a mom, you face countless challenges while raising your teens, especially when mental health struggles come into play. It can be **overwhelming, exhausting,** and at times, incredibly **isolating.**

You often forget to take care of yourself, putting your needs last. Journaling, a simple yet powerful practice, can be a lifeline for us, providing a safe space to **reflect, heal, and connect.**

The beauty of journaling lies in its simplicity. It's a practice that can be incorporated into your daily routines without much effort. Whether it's jotting down a few lines in the morning, before bed or scribbling thoughts during the day, journaling is accessible to all, bringing a sense of release and comfort to your busy lives.

**Let me share with you, the transformative power of journaling and 5 different ways you can support yourself with journaling.**

# #1: Freewriting

**Let the words flow without any predetermined structure. Write whatever comes to mind, releasing pent-up emotions and thoughts without restraint.**

Example: Set a timer for **5 minutes**, and write whatever comes to mind. Don't worry about grammar, spelling, or editing. Let your thoughts flow naturally. You might start with "Today has been tough. I feel overwhelmed and exhausted..."



## #2: Gratitude Journal

**Each day, list a few things you're grateful for. Focusing on positive aspects cultivates a sense of optimism and appreciation.**

Example: Every day, write down three things you're grateful for. It could be as simple as "I'm grateful for the smile my teen gave me this morning," or "I'm grateful for the support of my friends." **Tip:** Try not to say the same three things every day. This will keep you noticing what's good in your life and not repeating the same three things on autopilot.

# #3: Letter to Yourself

**Write a compassionate letter to your present or future self. Offer support, encouragement, and love during challenging times.**

Example: Begin with "Hey[Your Name]," and write a letter to yourself as if you were speaking to a close friend. Offer encouragement and compassion during difficult times. "Hey [Your Name], I know things have been tough lately, but remember that you're doing your best, and that's enough." This is an option that you might do once a week, not every day. The letter can be any length you want. If you like setting a timer, set one for 5 minutes.



# #4: Art Journaling

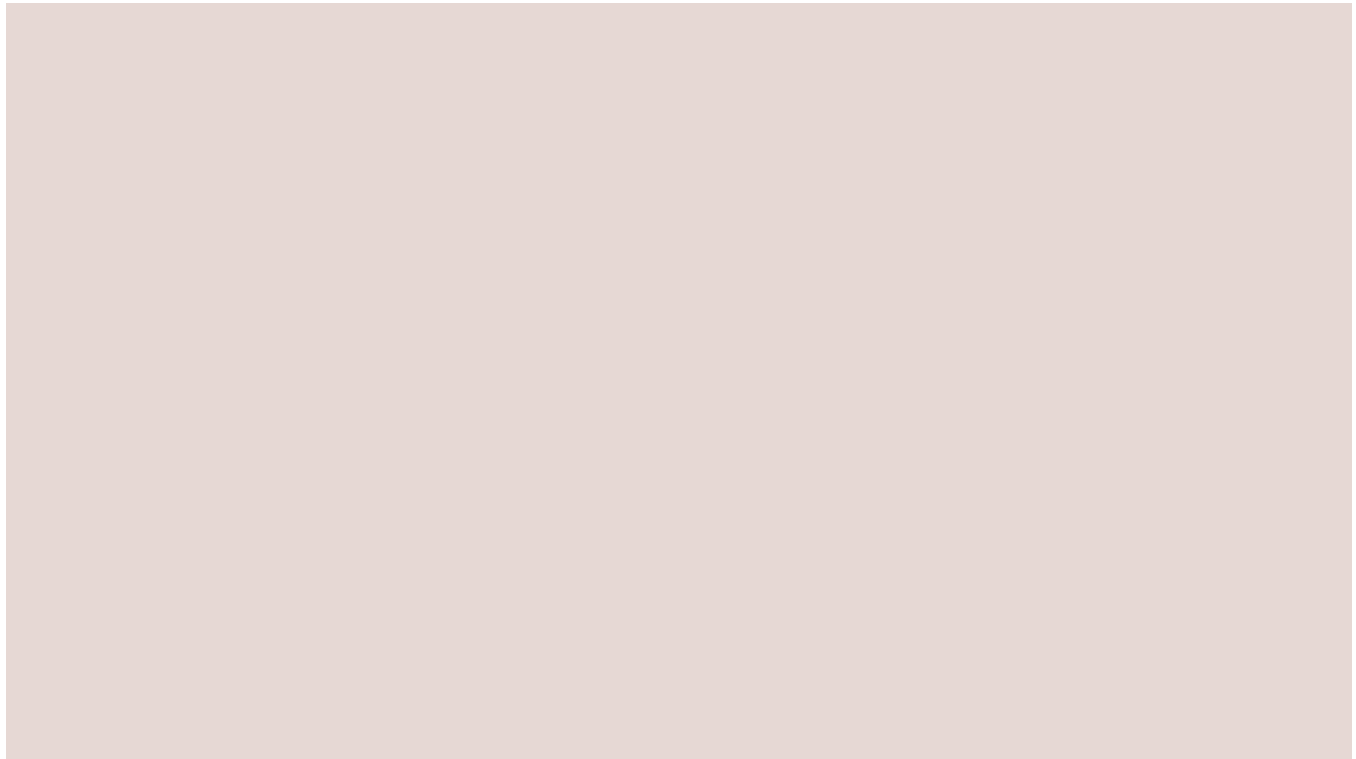
**Combine writing with creative expression, like drawing or collage, to add depth to your emotions and reflections.**

Example: Use colorful markers, paints, or magazine cutouts to create a visual representation of your emotions. You might draw a stormy sea to depict your feelings of turmoil and anger or use uplifting images to represent hope. This is a really fun way for you to connect to your inner child! This is another option that you won't do every day unless you enjoy the creativity of it. Once a month give it a try. When I draw in my journal it feels creative and a freeing way to express my emotions with pictures.

# #5: Mindfulness Journaling

**Pay attention to the present moment and describe your thoughts and feelings without judgment. Mindful journaling can help reduce stress, anxiety and increase self-awareness.**

Example: Find a quiet moment, close your eyes, and take a few deep breaths. Then, open your journal and describe your current thoughts and feelings. "As I sit here, I notice a mix of worry and helplessness. My mind keeps wandering to my teen's struggles and how I can help, but I'm trying to stay present."



# ABOUT ME

I'm Laurie Moser, and I'm the founder of "Staying Active Health & Wellness," where I'm an advocate for moms who have teens with mental health challenges.

After 7 years in the fitness industry, and after facing these challenges with my own child, I know firsthand that taking care of ourselves has a huge impact on our ability to care for those around us.

Through my online courses and group support program, I provide moms with **self-care tools and a sense of community so they can connect with like-minded moms and with themselves.**

Click here to get on my waitlist for the **supportive group program** you need right now: [www.stayingactive.ca](http://www.stayingactive.ca)

## GET IN TOUCH WITH ME:

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