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How Kids Benefit from Therapeutic Journaling

When Oprah began praising the benefits of gratitude journals, the activity of journaling hit mainstream. As journaling about all for which one is grateful helps raise one's consciousness of pleasant occurrences in life, writing about one's worries and anxieties in a meaningful place can change one's perspective on those vexing thoughts that can cripple one's happiness and forward movement in life.

This is especially true for children who are faced with worries that get "stuck" in their minds. UCLA scientists have studied the powerful impact of writing down one's feelings and suggest that doing so is like hitting brakes at a yellow light. Putting feelings into words is like putting the brakes on the emotional response, according to the study's lead author, lead author Matthew D. Lieberman, Psy.D.

While adults are typically comfortable using a notebook and are encouraged to write as if talking to their journal about their feelings – rather than listing events of the day – children may be intimidated by the many blank pages of a journal. To help children journal, offer them instead a small pad of paper or My Worry Box™, a new therapeutic tool that makes journaling kid-friendly, accessible and fun. My Worry Box offers children a safe, dedicated box that invites them to write down their worries and anxieties then store them inside the box until they can review their worries with a trusted adult.

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It is best to set a periodic time aside to review what children place in their Worry Boxes, such as every other night at bedtime. Remember not to judge or blame children for their worries. Accept them for who they are and love them unconditionally. Only then will they begin to feel empowered to conquer their fears.

Helping children to fully understand their feelings and how to process them is important in their maturity. Several other techniques, such as resetting, relaxation, and desensitization also help children with anxiety. For more parent resources, visit www.myworrybox.com.

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Sources:

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