

A woman with long, wavy brown hair is lying on her back on a lush green lawn. She is wearing a black dress with a vibrant floral pattern in shades of pink, blue, and white. Her eyes are closed, and she has a serene expression. The background is filled with green grass and some out-of-focus foliage, creating a peaceful, natural setting.

Feelings Diary journaling guide

learn to live in your body

By Anoushka Marcin

feelings diary

Journaling guide

LEARN TO LIVE IN YOUR BODY

FOREWARD



Through her work, experience and passion Anoushka has enlightened countless individuals aiding them to add value to their lives by achieving health, happiness and inner fulfilment. With tour dates coming out later this year and plans for a retreat too, Anoushka is also in the process of writing her first book. She is paSsionate about spreading knowledge and helping others recover from toxic dynamics.

From a young age Anoushka has had the determination to achieve something great. Anoushka is the vlogger and blogger behind the popular wellness and lifestyle blog: Balance Psychologies. She started her psychology career working in low/medium secure mental health hospitals working with individuals with a forensic background and Axis -1 disorders as a trainee psychologist. Alongside this experience Anoushka started writing her blogs.

Since then her blog has turned into a brand, YouTube Channel and an incredible community of wonderful human beings. As well as live shows and a growing social media following which connects her with her followers, listeners and readers around the globe. Featured on BBC Radio and well known industry psychology magazine 'The CC Magazine' where Anoushka has frequently contributed to the field of Narcissism. Anoushka has also found a deep love for writing, manifestation and spirituality. She uses her psychology background connecting science and spirituality in her work and this fusion has become highly sought after with her community and clients.

Anoushka attributes her success in her ability to step outside traditional training and integrate theory in such a way that helps individuals gain a better understanding and insight into their situation.

Anoushka lives in the UK, at the moment she is writing her doctoral research and producing content for various social media platforms. Anoushka is due to travel around the UK later this year speaking at various events (details are to follow). Using her own experiences and knowledge to educate other individuals, Anoushka is also in the process of writing her first book.

When you're going through a difficult time or would like to gain a greater understanding of how you feel and why on a day-to-day basis, a Feelings Diary is an incredibly useful tool.

This is basically keeping a journal or '*notes*' on your feelings, shifts in them, and what triggers a change in mood, so that you can identify how different factors are impacting you, such as:

- How you respond to specific fears
- The impact of another person
- The impact of events and incidences
- Shifts in your mindset and you react to them

While you can keep something detailed, I've found that keeping short notes is really productive and makes it easier to spot patterns so that you can find ways to tackle them rather than being hijacked by your feelings.

A Feelings Diary is an empowering opportunity to learn about and connect with you.

In the feelings diary you want to capture:

Mood - What primary emotions are you feeling? Do you feel good or bad? Down or up? What is your general mood?

Event/Incident - Whatever your mood, whether good, bad, or indifferent, to get a sense of how your mood relates to what is happening in your day-to-day, note any events/incidences surrounding your mood.

E.g. at work, out with friends, home alone, around family, exercising, PMS, anniversary, birthday, Christmas etc. You may also find it useful to note primary people involved in these events and incidences as shifts in mood may also be attributed to the impact of another person.

Triggers - Bearing in mind your mood and what the day has involved, what has been the trigger for your emotions? This is your opportunity to make the link between how you feel and the days events.

E.g. Sad. Quiet day at work. Had a lot of time to think.

Was there something that was said that, good or bad, impacted on your mood? What was it about the event or incident that connected with your emotions and created a shift? What was your mentality like over the course of the day? Was there a consistent thought process?

Note sometimes an event may seem like a trigger as well. This may well be the case but also try to isolate a particular feeling that the event triggers if you can.

Lesson - Is there something you've learned from these three things (mood, event, triggers)?

I recommend that as a starting point, that you keep a Feelings Diary for at least 7-14 days. You will also find it handy to keep one of these if you're going through a stressful / anxious period and are trying to make sense of what is triggering you or what you can do to self-soothe in a healthy way. Good luck!