

Writing down personal experiences, thoughts and feelings. It often provides an emotional release and leads to valuable insights, whether in the moment or after reflection and review. Sometimes keeping a diary just chronicles daily activities and values. It may even evolve into a personal memoir.

Why Writing in a Diary is Beneficial

Keeping a diary is a powerful form of writing down your personal thoughts and feelings without anybody ever needing to know. Perfect spelling, grammar or artistic skills aren't necessary. It can be handwritten on paper or typed on a computer. It can be like a scrapbook as well, with photos and notes from others.

Keeping a diary offers a flexible, low-cost, creative way to help cope with the worries, concerns, questions, challenges and feelings of isolation that may come with being a Carer for a person with an ABI.

Just taking the time to write down your thoughts can give you a break from the demands of your carer responsibilities. In turn, these positive benefits may be passed along to the person you are caring for. Self-discovery and solutions to challenging issues occur when maintaining a diary, reviewing entries and reflecting on them. Practical plans may even be put into place as a result of journal notes.

Getting Started Using Prompts

It's quite easy to start a diary. One way is to start to get feelings or thoughts flowing, something as simple as:

- "I feel..."
- "Today I want..."
- "I love you, but..."
- "If I am honest with myself, I am..."

