



# Journal Advice to women

## Menopause Yoga

**'Journaling is the gateway to self-knowledge and self-growth'**

Petra Coveney

An important part of Menopause Yoga is Journaling. Allowing you to observe and acknowledge feelings, habits and behaviours. In the yogic philosophy from the Eightfold Path, self study or **Svadhya** is an investigation of how things are. When you practice self-observation, you begin to uncover and address the unconscious patterns governing your life.

When you can notice, but not judge, what you are doing and how you are feeling in every moment, you can begin to show yourself more kindness and self love for yourself and gain the stability you need to extend it to others.

### SO, WHAT ARE THE BENEFITS OF JOURNALING?

- Take a pause from daily life
- Reflect on their day ahead or past day
- List foods, drinks, activities, thoughts and habits that trigger symptoms
- Releasing anxious thoughts that have been spiralling in the mind causing anxiety, insomnia or stress
- Dreaming - opening up a creative stream of consciousness that can lead to a woman expressing ambitions for the future.
- Changing perception of menopause and the journey ahead
- Reconnecting with our 'inner voice' - the self - and starting to build a positive relationship

*From Menopause Yoga, Petra Coveney*

### DIFFERENT TECHNIQUES

There are many different types of journaling techniques to choose from, you may prefer one technique over another, or you may try different techniques depending on your mood.

**There is no wrong way to journal,  
you want to enjoy the process and not make it a chore!**



Lotus Flow Yoga

Turn over for a quick guide to the different types of Journaling you could try...



## Reflective Journaling:

A reflective journal is a place to write down your daily reflection entries. It can be something good or bad that has happened to you that you can self-reflect on and learn from past experiences.

A reflective journal can help you to identify important learning events that had happened in your life. The events include your relationships, careers and personal life. A reflective journal provides a better understanding of your thought process.

With this type of journaling prompts can be very helpful: Where am I now? Where do I want to be? Why do I want this? What are my top three priorities? What is working? What isn't working? How do I feel today?

## Affirmations:

An affirmation journal will be a collection of powerful statements written by you. These statements can raise your energy and bring about lasting positive change in various aspects of your life. Affirmation should always be in the present tense and starting with 'I am'.



## Intentions:

Very similar to affirmations. Intentions can be framed as questions. If you're looking for somewhere to start, focusing on a single word that you're letting go of, and one word that you're calling in. "For example, you might write, 'Today, I'm letting go of anxiousness and calling in calm,'"

## Scripting:

Script journaling, popularized by Law of Attraction followers, is similar to making a vision board. But instead of having pictures represent your desires, you write a description of what it looks like when your plan comes together. In script journaling, you visualize and write a story, making yourself the main character. In your journal, you plot out scenes detailing how it looks and feels when you are enjoying your achievement.

## Gratitude Journaling:

A gratitude journal is, quite simply, a tool to keep track of the good things in life. No matter how difficult and defeating life can sometimes feel, there is always something to feel grateful for. It can be done in different ways, such as lists, stories, or letters. It can help you increase your happiness, resilience, and well-being by shifting your perspective and reducing stress.

## Dream Journaling:

A dream journal is a record of experiences that you dream about in your sleep. You can start by simply writing down what you remember from your dreams. As you go along, you can start to analyse what your dreams mean (especially if you keep having the same kinds of dreams over and over). A dream journal is a type of reflective diary, where you reminisce on important or unusual things that happen to you and then meditate on what they might mean. (Keep your journal by your bed for this, waking early in the morning is often a symptom of the menopause.)

## Free Writing:

Free writing is less prescriptive form of journaling, it is often useful to combine with breathwork and visualisation. It can help to reduce stress and aid creativity. Free Writing is a writing technique also known as Stream of Consciousness: *It is when you write without forethought and filter.* You write the first thing that comes to mind and you keep going and going.

## And Remember...

It doesn't matter how you write or express yourself; the purpose is self-awareness, letting go, opening up, listening, connection, intuition and expression'

Petra Coveney

