

I kept a journal throughout my deployment. I attempted to write an entry at least every other night where I recorded what was going on, what I thought about during the day and some of the emotions I was feeling. I wrote each entry in the form of a note to my wife. While it took a few years after my deployment to finally show it to her it was a great exercise that allowed me to process what my deployment was.

Now is your chance to participate in a semi-structured project to help you get started in keeping a journal. Here are a few benefits that you may experience from your participation.

Journaling Helps With Resiliency: According to the [University of Rochester Medical Center](#) journaling can help you manage your anxiety, lower stress, and deal with depression. Writing about your day can help you list out what is stressing you out so you can begin to process how to deal with those issues. [A study published in the journal Advances in Psychiatric Treatment](#) found that people who wrote about traumatic or stressful situations tend to be healthier both physically and psychologically.

Journaling Can Help You Become a Better Student: Writing is a major aspect of being a college student. We all know that “practice makes perfect.” How many people apply that when it comes to something like writing. We write things everyday like social media updates, emails, instant messages, or lists, but how can you communicate complex concepts. As students, we need to communicate complex ideas in papers all the time, some of us may even need to in our future careers. Writing about your life allows you to practice communicating how things affect us on different levels.

Journaling Can Help You Be More Present: Writing a journal makes you focus on what is directly in front of you. Likewise, as I currently keep a blog I know that I tend to pay more attention to the details of things I know I will write about later. If you know that you will be writing about your day you are likely to stay more attuned to your current situation. Nobody wants to make a record of their life that just reads, “went to class, looked at Facebook during lecture, then came home ate a burrito and did homework.” Instead you will most likely seek out more meaningful interactions with your classmates.

Journaling Can Help You Achieve Your Goals: As you lay out your future plans you will most likely write about them if you keep a journal. This creates a focused time when you can think about more than the end goal, but also the path to achieving it. This time of reflection will allow you to chart out your course to the future that you desire. While you may not achieve your goals in the way you previously thought, you will be able to monitor your progress as you work towards it.

So take some time for yourself. Journaling is not about just keeping memories, but for finding clarity and focus in your life. This can help you understanding where you are and how to get where you would like to go. To help you process the things you struggle with and overcome them. Journaling is about creating a roadmap to the life you want to have. Journaling is about achieving success.