

Quick Fact: Journaling before you get on the road

List of References

1. PsychCentral, How to Worry More Effectively. 2015. Available at <https://psychcentral.com/blog/how-to-worry-more-effectively#1>
2. Student Health at SHU. The Worry Time Technique. Available at <https://www.studenthealthatshu.co.uk/website/C88007/files/The%20Worry%20Time%20Technique.pdf>
3. Centre for Clinical Interventions. Postpone Your Worry. Available at <https://www.cci.health.wa.gov.au/~media/CCI/Mental-Health-Professionals/Generalised-Anxiety/Generalised-Anxiety---Information-Sheets/Generalised-Anxiety-Information-Sheet---05---Postpone-your-Worry.pdf>
4. Beyond Blue. Anxiety Management Strategies. <https://www.beyondblue.org.au/the-facts/anxiety/treatments-for-anxiety/anxiety-management-strategies>
5. The Conversation. Writing can improve mental health – Here's how. 2021. <https://theconversation.com/writing-can-improve-mental-health-heres-how-162205>
6. University of Rochester Medical Center. Journaling for Mental Health. Available at <https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentID=4552&ContentTypeID=1>
7. Web MD. Mental Health Benefits of Journaling. Available at <https://www.webmd.com/mental-health/mental-health-benefits-of-journaling>
8. Baikie, K.A., Wilhelm, K. Emotional and Physical Health Benefits of Expressive Writing. *Advances in Psychiatric Treatment*. Volume 11. Issue 5. 2005. Page 338-346. DOI: <https://doi.org/10.1192/apt.11.5.338>
9. Australian & New Zealand Mental Health Association. How Journaling Can Help You With Mental toughness. 2019. Available at <https://anzmh.asn.au/blog/mental-health/journaling-help-mental-toughness>
10. Konnikova, M. The Lost Art of the Unsent Angry Letter. *New York Times*. 2014. Available at <https://www.nytimes.com/2014/03/23/opinion/sunday/the-lost-art-of-the-unsent-angry-letter.html>