



A man with grey hair and glasses, wearing a white patterned shirt, stands on the left side of the frame, speaking into a microphone. He is gesturing with his left hand towards a large projector screen on the right.

Revision Diaries Kumar  
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Marta Morris  
**How to Keep a Journal**  
An illustration of a yellow journal and a pencil.  
"Effective journaling can be a cost-effective way to give yourself therapy," says Melissa H. Morris, 61, an assistant professor of teaching at Vanderbilt University in Nashville. "You don't need to be an accomplished writer with perfect penmanship and spelling; the words are yours. Try to establish a routine in which you write for 15 minutes several times a week, even if you get just one or two sentences down in a session. Put writing in your calendar as you would other things, such as going to the gym. Write in your journal, a practice she calls 'CPE for the soul.'"

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