

GLENDALE UNIFIED SCHOOL DISTRICT

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Students Wellness Services
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Journaling

• Day One Journal

This beautiful app lets you create multiple journals and color code them for easy organization. All of your journal entries can be formatted with rich text options, have photos, include activity, location, and even weather data of your location, and more. The latest update added audio recording capabilities, a new intuitive editor, Dark Mode, and other slick features.

Momento

Memento is similar to Day One, except it's more about automation with your social network feeds. With Momento, you can manually create journal entries with rich text formatting, multiple photos, tags, locations, and other bits of data that you want to remember. It gives you the ability to link up your social media accounts, which then populate each day's entries as you go. All of your updates and posts are fetched and pulled into Momento, so it's like a digital record of your private and online lives.

Moodnotes

Keeping track of how you feel is just as important as remembering memories. Moodnotes is a sleek app that helps you track your moods and the reasons behind how you feel. The colorful interface is warm and welcoming, and it'll ask you how you're feeling. Pick a mood that reflects how you are doing, and each one of these is represented with an emote and color. You can choose to add more details to the entry, or just leave it as is.

Journey

Journey lets you create journal entries with text, photos and video, location, activity, and more. Journey is cross-platform and accessible on all platforms because it syncs seamlessly with Google Drive, and you can import Day One entries into Journey if you want to switch.

Daylio

Like the idea of journaling but just don't have time? Then Daylio's micro-journaling method may be best for your needs. Daylio simply asks you to pick your mood for the day, and then add an activity to go along with it, presumably the one that makes you feel the way you do. This counts as an entry, and optionally, you can add some notes to it if needed, just like a traditional diary. Daylio is fast and simple micro journaling. As you use it more, it keeps track of your mood by showing the data in simple charts and graphs, and you'll see what your average mood is.

• Grid Diary

If you tend to be someone who has trouble getting started with writing a journal entry from scratch, then Grid Diary is a good option. It uses journaling templates of inspiring questions to answer and has them all lined up in a grid. Pick the one you want to answer for the day and then write your answer as a journal entry. It's a good way to get some inspiration for your writing, and you can always use your answer as a lead-in to writing about your entire day.

• Penzu

Penzu is a journaling app that focuses on your privacy. With Penzu, you're able to create rich text entries with photos and sync your journal to access on the web for free.

Monkkee

Keep a private and free online diary. Keep an online journal. You want to keep your thoughts in a place where no one can find them? Secure and encrypted.

• Diary.com

Unlike the typical diary with entries arranged in a list, Diary.com arranges your posts next to each other, like pieces of a puzzle. All of your notes are private by default. You can also add your notes at your public page if you wish to.

• Diary

If you're looking for an app that makes it as quick, easy, and effortless as possible to start and keep a diary or journal, Diary has you covered. It's a simple, yet powerful journal app that combines an easy-to-use interface with more advanced features like password protection, <u>cloud storage</u>, reminders and more.