

A woman with blonde hair is sitting on a light-colored couch. She is wearing a white long-sleeved top and dark grey pants. She is smiling and looking down at a black notebook she is holding on her lap. Her right hand is holding a black pen, ready to write. The background is a bright, slightly blurred indoor setting. A semi-transparent white box with black text is overlaid on the upper half of the image.

BEGINNERS GUIDE TO JOURNALING & MENTAL HEALTH

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