

Exploring the Different Modalities of Gratitude Journaling

Gratitude journaling can be practised in different forms, including writing, photos, videos and audios. However, which of them is the most effective?



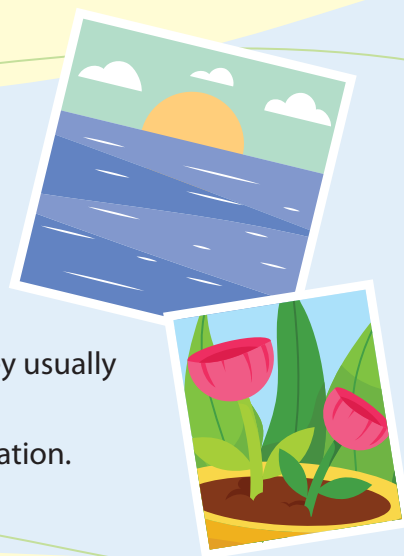
Writing: The Modality with the Strongest Evidence ★★ ★

- There is currently the strongest research evidence that practising gratitude journaling in the form of writing can improve physical and mental health.
- Writing encourages you to:
 - Organise your thoughts
 - Reflect on *why* a certain experience mattered
 - Connect your emotions with your memories
- Leading to deeper reflections, resulting in stronger memory and bringing greater emotional benefits.
- In terms of promoting mindfulness, **handwriting** offers a slight advantage over **typing**, but **both of them are highly effective**.



Photos: Great Memory Triggers

- Able to capture meaningful moments instantly.
- Helping recall positive memories.
- **Photos are less effective on their own** because they usually involve fewer reflections.
- Even better when paired with a short written explanation.



Videos: Rich in Emotions but Less Practical

- Able to preserve the facial expressions, tone of voice and emotions, making the experience more authentic.
- Helping you revisit the feelings in those moments.
- Video journaling requires more time, effort and privacy, making it harder to maintain.
- Research in this area is still limited when compared with written journaling.





Audios: Convenient and Natural

- Ideal for people who prefer speaking to writing.
- Easy to record your voice anytime, anywhere.
- The reflections involved in audio journalling may be less organised and deliberate than those in written journalling.
- Evidence suggests that the potential of audio journalling is promising, but the evidence is still weaker when compared with written journalling.



Multimodal Journalling: A Promising New Direction

- Combining two or more forms (e.g. **taking a photo + writing about it**).
- May strengthen your memory and enhance your reflections by combining visual cues with deeper thinking.
- An exciting area of research, but **more evidence is needed** before it can replace written journalling.





Key Takeaways

Written journalling remains the most effective and best-supported method of gratitude journalling at the time being.

To gain the greatest well-being benefits:

- Be specific about what you are grateful for.
- Explain *why* it mattered.
- Write consistently and regularly.
- Revisit previous entries from time to time to **deepen** your positive memories.

Gratitude Journal

Date: _____

Today, I'm grateful for:

1 _____ because _____

(optional) _____

It made me feel _____

Biweekly 5-Minute Review

Date: _____

My reflections: _____

- Use photos, videos or audios as **valuable complements to reflective writing but not substitutes**.

For more information, please [click here](#)



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Gratitude
Journal



"Shall We Talk"
Website

精神健康諮詢委員會
Advisory Committee on Mental Health

陪 SHALL
我 WE
講 TALK



衛生署
Department of Health

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