



The Healing Power of Journaling

Whatever you may be struggling with—stress, anxiety, grief, illness or trauma—journaling has been recognized as a therapeutic way to process emotions as well as heal. According to the University of Rochester Medical Center, “*Keeping a journal helps you create order when your world feels like it’s in chaos.*” (Source: [URMC/Encyclopedia](https://www.urmc.rochester.edu/encyclopedia/content.aspx?contenttypeid=167&contentname=journaling_for_mental_health)/Journaling for Mental Health).

This workshop will focus on how to journal for healing.

Discussion will include the benefits—both mental and physical—of journaling; plus how to incorporate journaling into your day; tips and techniques to get you started; a session of prompts, personal goal setting, self-affirmations, reframing how you talk to yourself and more.



Bring your favorite pen, journal or notebook and learn about ***The Healing Power of Journaling*** — the power of healing using your own words and feelings.



About the presenter: Lynne Cobb is a speaker, freelance writer and journalist, whose essays and articles have been published in the *Detroit Free Press*, *The Detroit News*, *Michigan Prime*, *Guideposts*, *MetroParent Magazine*, *Military Spouse Magazine*, and online publications: Erma Bombeck’s Writers’ Workshop, Huffington Post, *Midlife Boulevard*, *BlogHer* and more. She’s also a contributing author to the anthology, *Feisty after 45 – the Best Blogs of Midlife Women*. Lynne is a member of the Detroit Working Writers and the National Society of Newspaper Columnists, and has her Bachelor of Arts—Journalism Studies from UMass—Amherst.

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