



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: URM/Encyclopedia/[Journaling for Mental Health](https://www.urmc.rochester.edu/encyclopedia/content.aspx?contenttypeid=167&contentname=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, 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 anthologies, [What I Do to Get Through](#) and [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, Massachusetts.

For more information, visit Lynne at www.lynnecobb.com, email her at lynnecobb.com, or call her at (248) 953-5028.