



## ***Journaling to Cope during COVID***

Are you struggling with the stress of COVID? If so, journaling has been recognized as a therapeutic way to deal with the stress and emotions adding to the COVID chaos. *“Keeping a journal helps you create order when your world feels like it’s in chaos.”* (Source: URMC/Encyclopedia/[Journaling for Mental Health](#)).

During this workshop, we will learn how to cope with COVID, using journaling tips and techniques found in the book, [Maintaining Emotional Sobriety During COVID-19—Transforming Trauma into Post-Traumatic Growth](#), by Tian Dayton, PhD, TEP. Discussion will include the benefits of daily journaling; an overview of emotional sobriety, a session of prompts, self-affirmations, reframing and more.



Bring your favorite pen, journal or notebook and get ready to begin ***Journaling to Cope with COVID***.

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*“... participants responded to Lynne's workshop with raving reviews. They loved the connection of childhood stressors being reflected into adulthood... Thank you for your generosity of sharing the knowledge.” - Emanuela DeCenso, Head of Adult Services, Farmington Community Library, Farmington, MI*

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*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.

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