



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](#))

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.

"... 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



About the presenter: Lynne Cobb is a speaker, writer, journalist and researcher, whose essays and articles have been [published](#) in Detroit’s major daily newspapers, as well as in local and national magazines and various websites. 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 has her Bachelor of Arts—Journalism Studies from UMass—Amherst, Massachusetts.

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