



Journaling for Emotional Sobriety

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

During this workshop, Lynne will guide participants with how to cope with stress, 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. The 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 your way to emotional sobriety.



“... 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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