



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.”* ([URMC/Encyclopedia](#)).

During this workshop, Lynne will share 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***.

"... 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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