



The Healing Power of Journaling

Whatever your employees 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 one’s day; tips and techniques to get started; a session of prompts, personal goal setting, self-affirmations, reframing talking to oneself and more.

Bring a favorite pen, journal or notebook and learn about ***The Healing Power of Journaling*** — the power of healing using one’s 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



Lynne Cobb is a writer, workshop facilitator, journalist, artist, and the editor of a local monthly newspaper. She’s also a contributing author to the anthologies: *Heartstrings from Heaven (Angel Bumps series)*; *What I Do to Get Through*; and *Feisty after 45 – the Best Blogs of Midlife Women*. Her articles have been published in Detroit’s major daily newspapers, as well as in local and national magazines and various websites. Lynne is a member of the Detroit Working Writers and has her Bachelor of Arts—Journalism Studies from UMass—Amherst, MA. Additionally, she has continued her education by attending the course, “Finding Meaning: The Sixth Stage of Grief,” facilitated by David Kessler, in an effort to help others process grief and trauma through workshops and journaling.

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