



## *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.



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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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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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