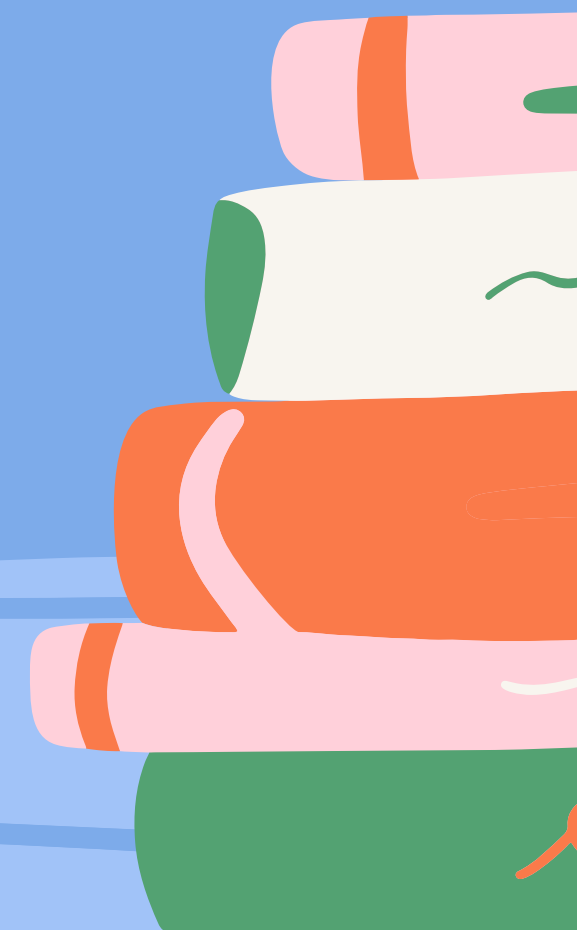


# JOURNALING FOR WELLNESS

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# Journaling for Wellness

- 💧 Overview of benefits
- 💧 Journaling experiences
- 💧 Contexts
- 💧 Writing prompt
- 💧 Sharing
- 💧 Applications











# Benefits





- 💧 Empowerment/record of coping
- 💧 Record research/resources/wisdom nuggets
- 💧 Trajectory of healing/improved mood
- 💧 Practice responses to others
- 💧 Set goals
- 💧 Accountability/record of management

# Contexts

-  Health concerns
-  Family legacy
-  Dreams
-  Personal crisis
-  Self reflection/mindfulness
-  Memoir
-  Travel
-  Exercise



# Prompts (Choose One)

-  1. Describe something you wish you were better at doing. Write about why, and say how it might change your life.
-  2. How might you encourage a child or a friend to find a benefit from our current pandemic situation?

# Application

**How will you commit time to journaling and how will you use it?**



# Links

## Journaling for Mental Health

 <https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentID=4552&ContentTypeID=1>

## 5 Health Benefits

 <https://intermountainhealthcare.org/blogs/topics/live-well/2018/07/5-powerful-health-benefits-of-journaling/>