



***From Grief to Peace:
Journaling for Life After Loss***

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Agenda



- How journaling impacts your health & wellbeing
- The many types of journaling styles
- Journaling tips to free your mind
- Writing prompts

Why should you journal?

- Reduces stress
- Builds resilience
- Improves immune functioning
- Sharpens memory & cognitive function
- Improves mood
- Improves sleep
- Improves creativity
- Increases emotional intelligence
- Contributes to meaning reconstruction



process, the beauty of life. It is life
outcome, and even looks beautiful in the
People are nearly the same, yet I
believe you have a choice. You can sit alone
sour like the apple. Eventually getting
returned to the earth. You may nurture a worm
or two. OR, you can be cheerful to sharing your
enjoyed by everyone you meet. You can create a product
beauty, your light. You can create a product
taste and nature. You can create a product
from this just like the Apple, and off to
market you go. It really is you one
price, you are the one commitment
sprouts the rest
instance





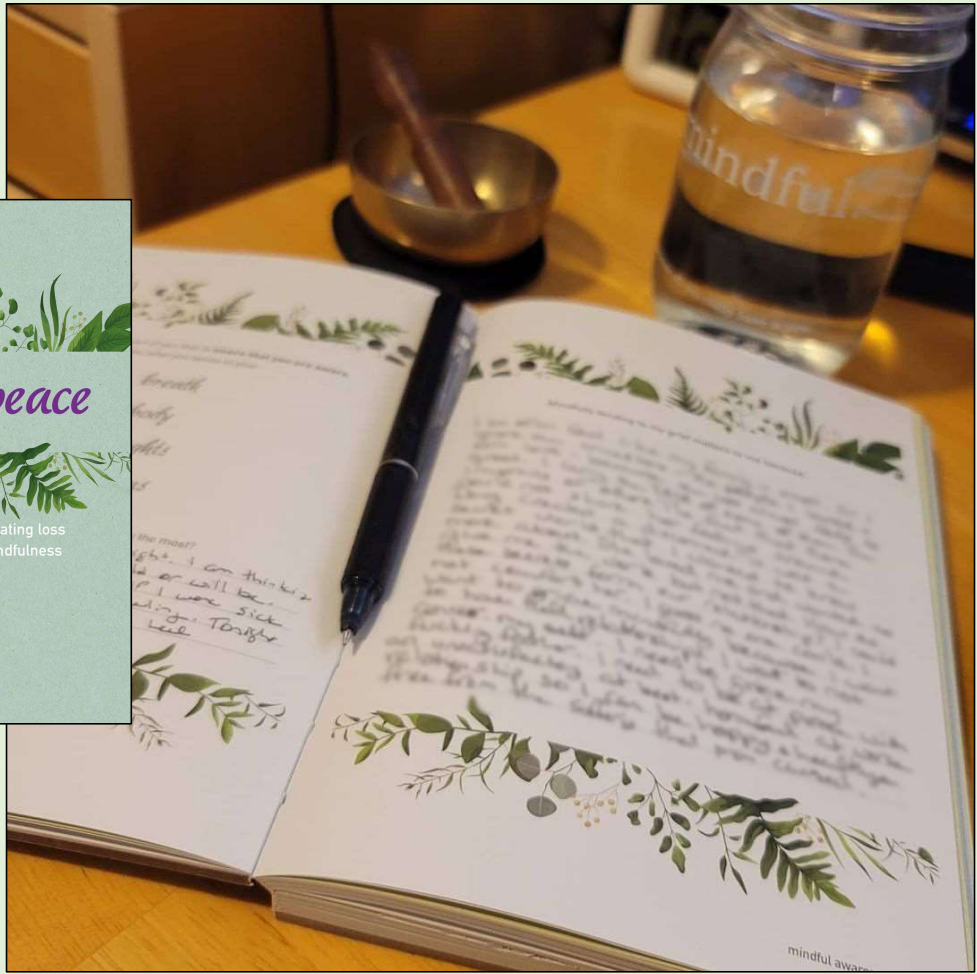
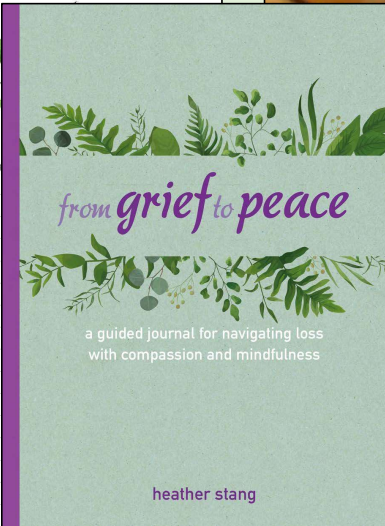
Connect with the part of you that is **aware that you are aware.**
Note what you sense in your:

breath
body
thoughts
emotions

What one thing stands out to you the most?



ding to my grief matters to m



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Gratitude JOURNAL

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

I am grateful for

• _____
• _____
• _____
• _____
• _____

HIGHLIGHT
of the week

i'm looking
forward to...



Journaling Tips In *From Grief To Peace*

- There are no right or wrong answers
- Mindfully engage with your whole being
- Approach familiar subjects as if it were the first time
- Walk up to the edge, but don't fall over
- Seek out physical and emotional support as needed
- If you are using a guided journal, go through in order — or don't
- Bonus Tip: Make it a habit by linking it to a regular activity



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Twelve-Minute Warmup

- 1 Minute: Objective
- 1 Minute: Opinion
- 1 Minute: Comparison
- 3 Minute: List
- 6 Minute: Narrative



5-minute Warmup Sprints

Synopsis

Set a timer for five minutes and describe what happened on the latest episode of your favorite television show or in the book you are currently reading. Follow the same rules above: No editing, reading, or stopping.

Picture Your Prompt

Set a timer for five minutes, then head over to [National Geographic's Photo Of The Day](#) and describe what you see (without reading the caption if you can!). And, you guessed it, no editing, reading, or stopping.





Timed Writing: Pick One

- When I pay attention to my natural breath I...
- Write about a time when you were kind to another person.
- Describe something you were afraid to do but did anyway and what you learned from the experience.
- Choose a power anthem, a song that makes you feel strong and resilient. What is your favorite line from this song? How does this song reflect who you are in the process of becoming?

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Integration Reflection

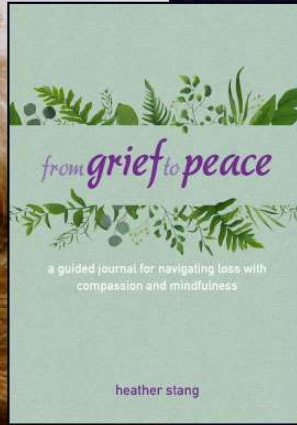
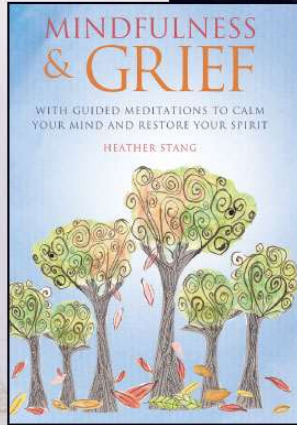
- Look back through what you wrote. What stands out to you?
- Consider what you felt. What stands out to you?



MINDFULNESS
& GRIEF
INSTITUTE



AWAKEN
meditation for grief & online support



Slides & Downloads:
<http://bit.ly/taps-journaling>

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Upcoming TAPS Institute Programs

October 19

Where Faith Meets Grief: The Role of Spirituality in Coping with Loss

Live Webinar, Noon-1:00 p.m. ET

Jerome Weaver, MDiv, DMin, Bereavement Services Manager, VITAS Healthcare

October 26

The Power of Sound Healing

Live Webinar, Noon-1:30 p.m. ET (1.5 CEs available)

Janie Keilwitz, MN, BSN, RN, Soundtouch Healing Arts-RN/Acutonics® practitioner

November 2

Navigating Conversations around Grief and the Holidays

Live Webinar, Noon-1:00 p.m. ET

Rachel Kodanaz, TAPS Advisory Board Member

November 16

Helping Grievers Draw Boundaries

Live Webinar, Noon-1:30 p.m. ET (1.5 CEs available)

Joy Berger, DMA, FT, BCC, MT-BC, Founder/CEO of Composing Life Out of Loss

Visit taps.org/institute to learn more and RSVP!

About the TAPS Institute for Hope and Healing®

Launched in March 2018 through an alliance with HFA, the TAPS Institute for Hope and Healing® serves as a resource and training center, providing programs for both professionals working in the field of grief and loss and the public.

