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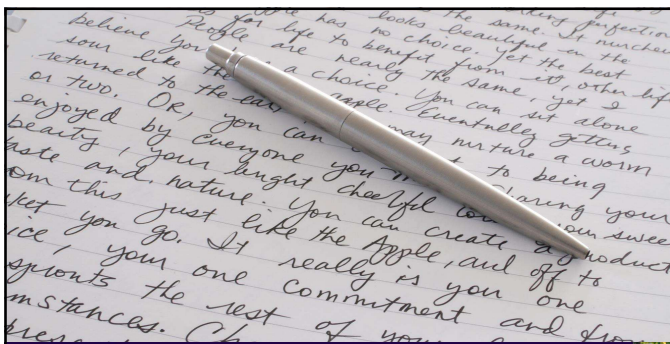
Why should you journal through grief?

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



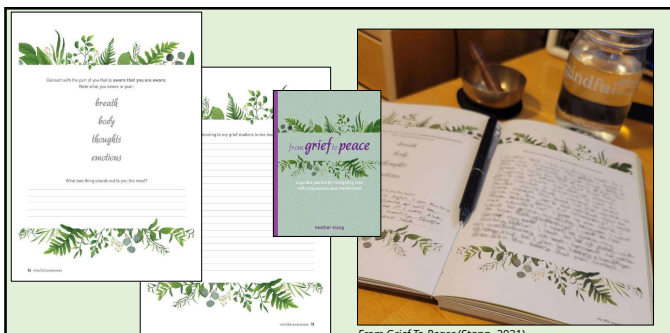
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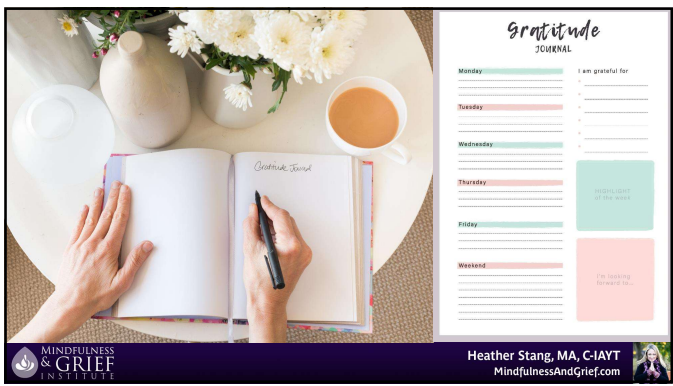
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Journaling Tips In From Grief To Peace

- 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




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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.



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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 feels significant?
- Consider how you felt during the journaling practice. What stands out to you?
- What can you take forward into your life from this experience?

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MINDFULNESS & GRIEF INSTITUTE AWAKEN

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

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Thank you for joining us!

Next Grief Workshop:
Allowing Nature to Hold Us: Grief and Healing through Nature-Based Practice
Tuesday, March 22nd
7:00 pm
Registration begins March 1st

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