



WellNYS Everyday Monthly Webinar

Journaling as a Path to Empowerment and Self-Care



Wednesday, September 4, 2024
12:00 noon – 12:45 p.m.

Journaling is a deeply personal practice; however, it can be a powerful tool for personal growth one journal entry at a time. Therapeutic journaling can be a safe harbor—a space to process emotions, gain clarity, and navigate new beginnings as a source of empowerment and self-care. Your words hold the power to transform your mental and emotional wellbeing. Join us as we embrace the art of writing to build strength, foster change, and embrace the unfolding chapters of our lives.

We will discuss:

- Significance and benefits of therapeutic journaling in mental and emotional wellbeing
- Establishing a journal routine
- Different journal techniques
- Journaling to cultivate mindfulness and foster resiliency.

Presenter: Tanya M. England, Ph.D

To register, go to:

<https://meetny.webex.com/weblink/register/ra3917fbbcede17460d690e2e6cec1948>

