



Finding Peace Through the Page

Gratitude Journaling in 6 minutes a Day

Housekeeping

- Death positive language
- Use the chat box and Q&A!!
 - Intro yourself + Other ideas / suggestions
- Feel free to reach out to me afterward for any reason!
 - Questions / Comments
 - Suggestions / Critiques



Agenda

- Some 'slide deck learnin'
 - Explanation of how this small piece fits into the broader healing picture
- Practical Exercise
- Q & A through comments





Sharing Solace

Remember. You're not alone.

Madelyn and Mommy





Crystal Webster

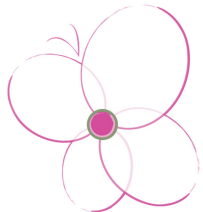
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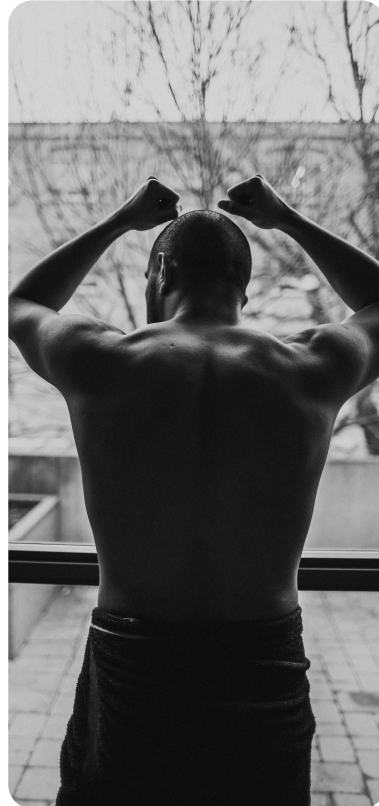
Journaling = ~~Self Indulgent~~



Journaling = Self-Care

Mental Health Benefits

- Reduces Stress
- Boosts Mood
- Increased Resiliency
- Helps with Anxiety and Depression
- Keeps your Memory Sharp



Physical Health Benefits

‘Cells eavesdrop on your thoughts’

- Improves Immune Function
- Decreases Risk of Illness
- Wounds Heal Faster
- Reduces Asthma & Rheumatoid Arthritis Symptoms
- Improves Liver & Lung Function





But...



Good News!

- Make it what you want / need!
 - Even one writing session is beneficial
 - *Ideally* 3-5 times a week
 - Don't see benefits? STOP!



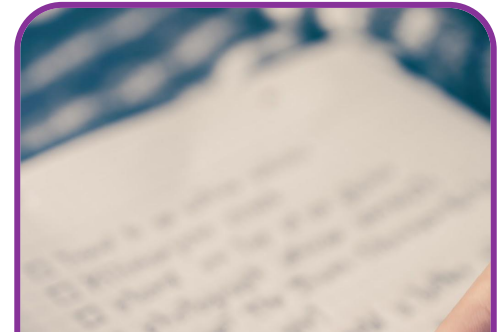
Types of Journaling



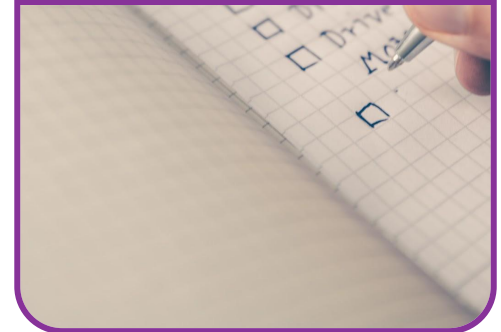
Dear Diary



Bullet Journal



Bullet POINT

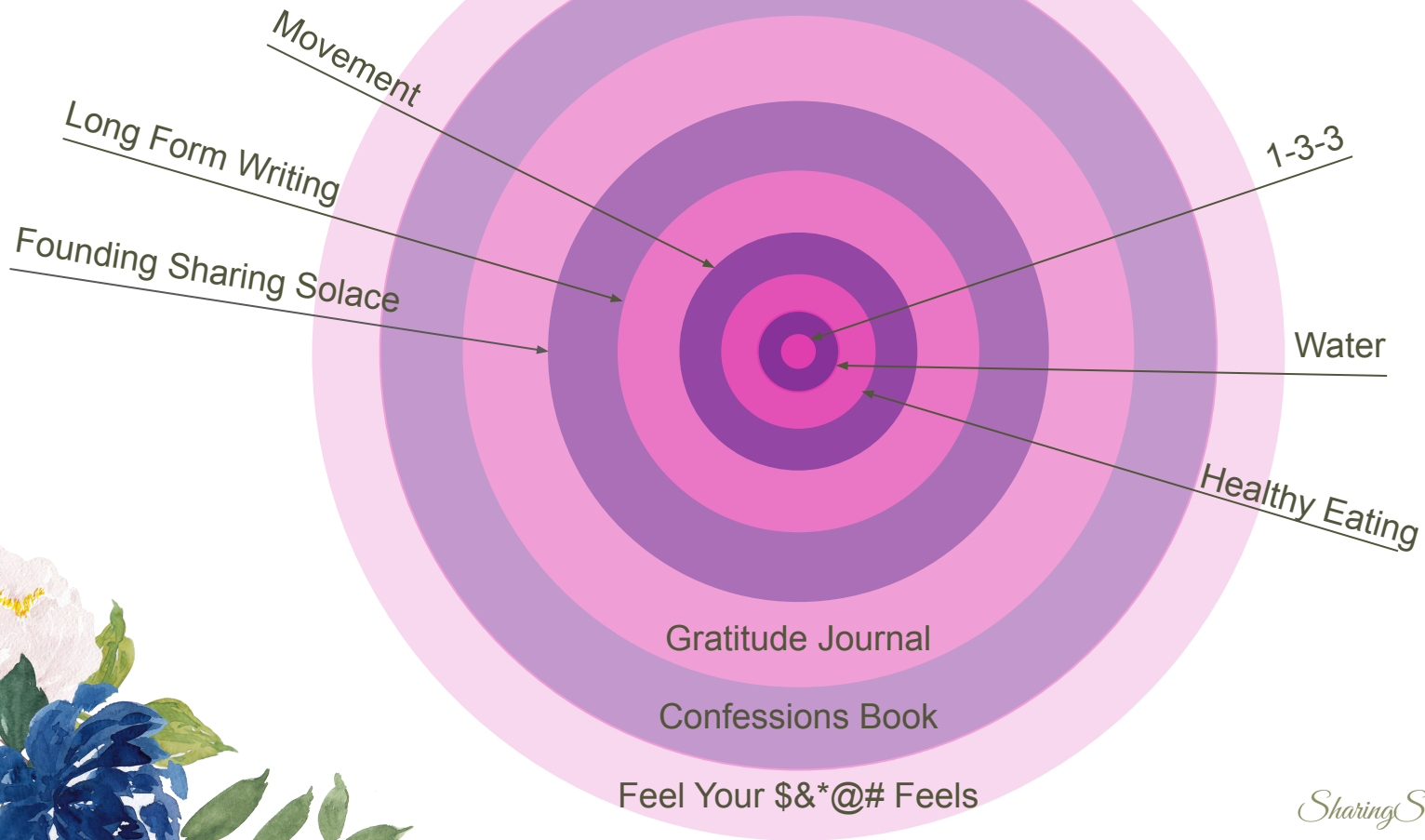


Bullet POINT Journaling

{My 1 - 3 - 3 Journaling Method}

- Why?
 - Needed Guidance
 - Stay present
 - Not EVERYTHING I did was wrong.
- How?
 - Once a day everyday
 - ✓ Evening is ideal
 - 3 things:
 - ✓ Grateful for
 - ✓ Did rights





Tips for Selecting a Journal

- Size / Style / Type of Journal
 - Big v. Small
 - Quality v. Cost
 - Hard v. Soft Bound
 - Lay Flat?
 - Lines v. Dots v. Blank



Top 5 Tips for Journaling

1. Get Physical
2. Get Cozy
3. Get Writing
4. Get Over Yourself
5. Get Deep



Let's Try It!

- 5 minutes
- 3 things you're grateful for
 - Think of last 24 hours
 - Don't repeat!
 - Material things is completely OK!
 - Dig deep
 - This is a muscle you have to strengthen
- We'll share ideas at the end



*What did you come up
with?*







SharingSolace.com/Book
SharingSolace.com/GratitudeJournal

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