

# Newsletter

March Support Meeting:

## Journaling

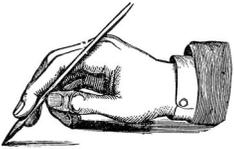
Thursday, March 8, 2018 7:00 p.m.

Logan Regional Hospital Classroom #7

"Start each paper with the breathing's of your heart." -William Wadsworth

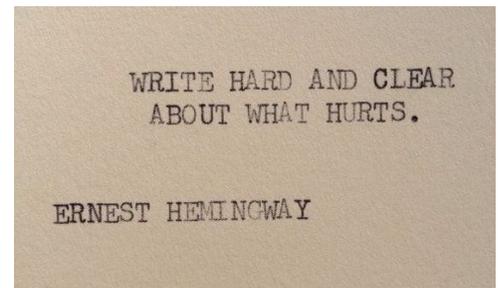
Journaling, especially grief journaling is a great way to release bottled up emotions, it allows our brains to slow down and process our emotions and feelings, and helps sort out all the many feelings we have during the journey of bereavement. Keeping a journal can be therapeutic and helpful to parents, but also children, friends, and family. The art of letting our words and feelings out can bring peace and healing in many different ways. The way you journal is personal and never right or wrong. During our support meeting we want to share different ways journaling has helped us heal during the difficult days of grief and loss. This months meeting will be filled with examples, prompts, and discussion.

Mariam Black & Lacie Robinson



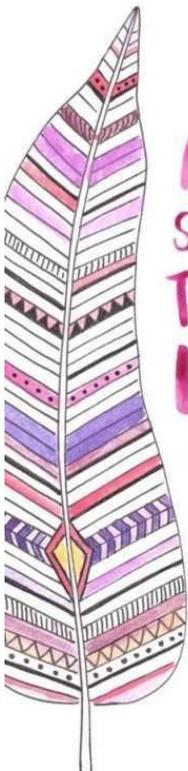
### Upcoming Events:

- April 12 teaching children about grief
- May 10 Mother's Tea Party
- June 14 Family Picnic

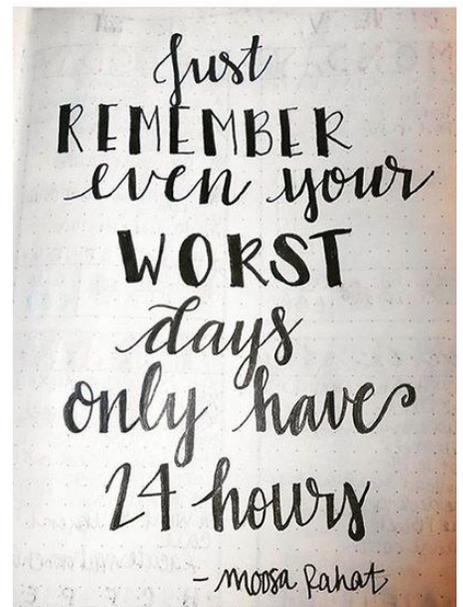


### 33 Ideas of What to Write in a Daily Journal

1. Inspirational Quotes
2. Reflect on a Quote
3. Answer a Question
4. Personal Development
5. Life Milestones
6. Specific Events
7. Captured Moments
8. Describe Challenges
9. Define Solutions to Challenges
10. Write Down Prayers
11. Express Gratitude
12. Meditate before Journaling
13. Describe a Memory
14. Overcoming Fears
15. Recall your Dreams
16. Write a Time Capsule Entry
17. Track the Food You Eat
18. Keep a Travel Journal
19. Write as a Family
20. Write about Dislikes
21. Thoughtless Morning Entries
22. Use Monthly Themes
23. Write a Letter
24. Write to an Imaginary Friend
25. Write about the Lessons of a Book
26. Do a Writing Sprint
27. Write One Sentence Each Day
28. Write Down Affirmations
29. Create Lists
30. Create a Mind Map
31. Create Thought Clusters
32. Design a Character Sketch
33. Be Creative



AND SO,  
SHE DECIDED  
TO START  
LIVING  
THE LIFE  
SHE'D  
IMAGINED.



# 8 Tips for Coping

## WITH THE DEPRESSION STAGE OF GRIEF

1

Give yourself permission to "feel your feelings". Don't let anyone tell you how you should feel.

2

Don't try and suppress your grief. Acknowledge your pain.

3

Express your feelings to others (i.e. to friends, family, church members, therapist, or grief support group).

4

Express your feelings in creative ways (i.e. journaling, painting, drawing, writing etc.).

5

Avoid negative behaviour that can harm your health. (i.e. drug or alcohol abuse).

6

Set a small exercise goal each day. Get the endorphins flowing & your frustrations out.

7

Plan ahead for grief "triggers" (Holidays, anniversaries or birthdays). Ask family & friends for support extra support.

8

See a medical doctor if the pain of your loss is so constant & severe that it keeps you from resuming your life, or if you have suicidal thoughts

 love lives on.com

## 5 ways Journaling can improve your life

1. **Creates a safe place within yourself:** communicate thoughts freely onto paper, without fear of judgment or feelings of insecurity. Don't bottle thoughts...let your thoughts flow freely.
2. **Help you explore positive and negative emotions:** A common misconception is that journaling is for negative thoughts, express all kinds of emotions, write when you are happy or sad, not just one.
3. **Improves your resilience:** Try not to only write about your day, through your own storytelling, you can overcome obstacles you've experienced, this builds resilience.
4. **Promote Mindfulness:** or bringing your attention to the present moment. Many of us are constantly thinking about the "what ifs". Writing will help reduce the constant mental noise. Writing helps you focus on feelings and sensations in the "now" so you don't miss the experience.
5. **Awakens your inner creativity:** writing is a creative process. The very act of journaling your thoughts, emotions, and experiences, is a creative way of telling your own story uninhibited and without restraint.

Find much more to read on this very topic on this website:

[www.ofhartandmind.com](http://www.ofhartandmind.com)

If you have a poem or story you would like to share about your precious angel, please email it to [kristi@pizzaplusutah.com](mailto:kristi@pizzaplusutah.com)

For more information, contact:

Logan: Patty Loosle: (435) 753-0687

Box Elder: Kim Johnson: (435) 723-6908

Preston: Amy Jenson: (208) 705-6192

Email: [cvshareparents@gmail.com](mailto:cvshareparents@gmail.com)

Website: [www.shareparents.com](http://www.shareparents.com)

*Please contact us if you wish to have your name removed from our mailing list*

A Special Thanks to:

Downs Printing

Hyrum, Utah



Find us on Facebook

Share Parents of Cache/ Box Elder

Share Parents of Cache Valley is a nonprofit organization. No dues or charges are required to attend SPCV meetings, use SPCV literary resources, or to receive SPCV newsletters. Donations provide funds for running our local Share Parents organization.

We appreciate your financial support.