This 45-minute workshop offers exercises to inspire and encourage your journal practice. Writing a diary or journal is a great way to relieve stress and reflect on life. During our session, you will create different types of journal entries to enrich your writing. Discover new ways to keep a diary regularly.

Materials needed for the workshop:

- A “favorite quotation” that you’ll share in the chat (sample - "Preserve your memories, keep them well, what you forget you can never retell." -Louisa May Alcott
- Blank paper and pens/pencils to record your workshop exercises (or bring a device or notebook for recording your entries)

*Registration Required

This program is a result of a partnership between the Office of Human Resources and the Employee Wellness Committee. For assistance, please contact wendy.bowersox@millersville.edu.