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Action KA210-ADU - Small-scale partnerships in adult education



THRIVE50+

Set of materials for the workshop



Project title:
**Journaling for Stress Management -
Writing for Wellness**

Project title:

**Total Health Resources for Improving Vitality
and Endurance 50+**

Project No.:

2023-2-RO01-KA210-ADU-000184831

THRIVE 50+



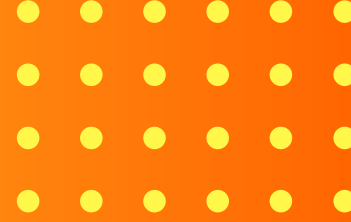


FACILITATOR GUIDE



BASIC INFORMATION

This workshop explores the benefits of journaling for mental health and stress relief. Participants will learn about the psychology behind writing, the benefits of different journaling types, and the importance of handwriting. They will also engage in hands-on journaling exercises.



TARGET GROUP NEEDS

Adults, especially seniors, may face stress from life transitions, health concerns, or daily challenges. Journaling is an accessible method for processing these emotions, improving mental clarity, and promoting emotional well-being.



DURATION

A 2-3 hours duration has been chosen to ensure that participants have sufficient time to learn and practice journaling without feeling overwhelmed. This length allows for a comprehensive introduction to the topic, practical exercises, and a Q&A session, all while keeping participants engaged.

NUMBER OF PARTICIPANTS

The optimal number of participants is set 2-15 to allow for personalized attention and interaction. This size fosters a supportive environment where participants feel comfortable sharing their experiences and can receive individualized feedback.

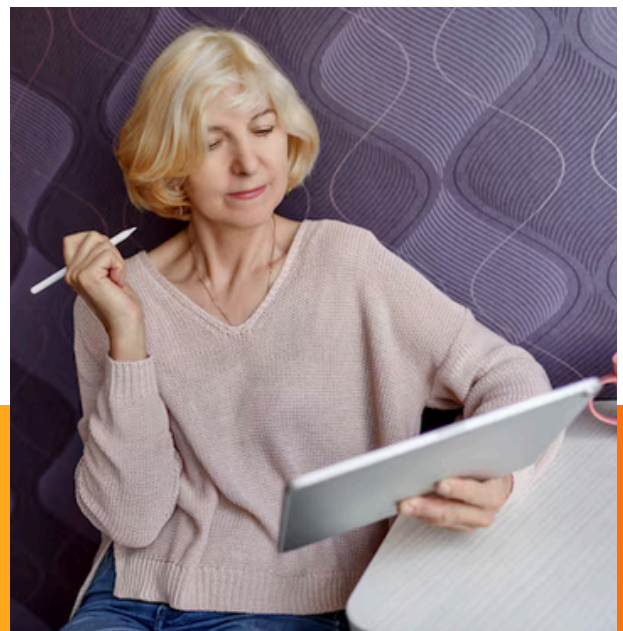
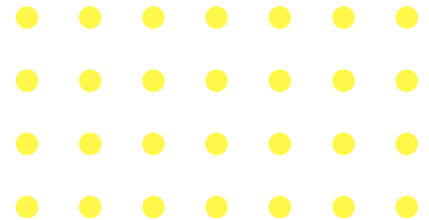


EDUCATIONAL OBJECTIVES

- Understand the psychological and neurological benefits of journaling.
- Learn different journaling types and their specific advantages.
- Practice hands-on journaling for stress relief.
- Discover techniques for integrating journaling into daily life.

TECHNICAL AND EQUIPMENT REQUIREMENTS

- A computer or laptop with Internet access for background music
- A projector and screen.
- Notebooks or journals for each participant.
- Pens or pencils.

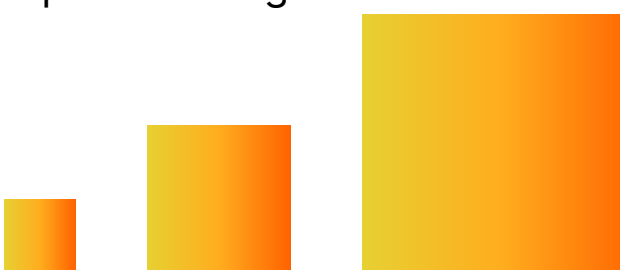




MATERIALS

- A guide for the facilitator with a curriculum and description of exercises.
- A multimedia presentation on journaling for stress management.
- Handouts: journaling prompts ideas
- Relaxation music (for journaling sessions).

METHODS AND TECHNIQUES

- Interactive discussions: Conversations about writing experiences and its psychological effects.
 - Hands-on writing: Guided journaling exercises.
 - Reflection and sharing: Group discussion for those comfortable sharing their thoughts.
 - Mindful breaks: Short mindfulness practices to focus and reset before writing.
 - Feedback Forms: To gather participants' insights and improve future workshops.
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Curriculum



THRIVE 50+



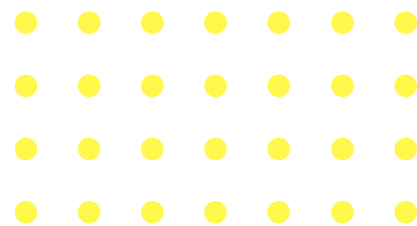


Welcome and Introduction (15 minutes)

Objective

Establish a warm, inviting atmosphere and outline workshop goals.

Activities



Slide 1: Workshop Title

Facilitator Notes: Greet participants warmly. Share a personal anecdote or insight about the power of journaling and set a positive, welcoming tone.

Slide 2: Workshop Objectives

Facilitator Notes: Introduce the session as an opportunity to explore, create, and connect.





The Psychology of writing and its effects (20 minutes)

Objective

Teach participants the deep, evidence-based psychological benefits of journaling.

Activities

Slide 3-4: How writing impacts the brain

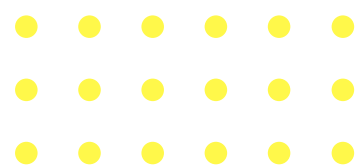
Facilitator Notes: Use simple language to explain how journaling engages different brain areas, helping with emotional balance and clarity.

Slide 5-6: The magic of handwriting

Facilitator notes: Emphasize that handwriting provides a unique sensory experience, reinforcing mindfulness and focus.

Slide 7: Emotional benefits and stress reduction

Facilitator Notes: Share relatable examples of how writing down worries can make them feel more manageable.



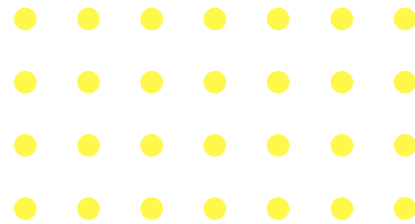


Deep dive into journaling techniques (30 minutes)

Objective

Introduce a range of journaling techniques and encourage exploration.

Activities



Slide 8: Types of journaling for personal growth

Facilitator Notes: Share examples of how each technique can be used for stress relief and emotional processing.

Slide 9: The Midnight Library by Matt Haig

Facilitator Notes: Encourage participants to view journaling as a way to process choices and regrets with compassion.

Slide 10: Maybe you should talk to someone by Lori Gottlieb

Facilitator Notes: Highlight journaling as a conversation with oneself that fosters growth. Connect this to how writing can be therapeutic and supportive, much like therapy.





Engaging practice: Guided Journaling (40 minutes):

Objective

Lead participants through a creative, curiosity-invoking journaling exercise.

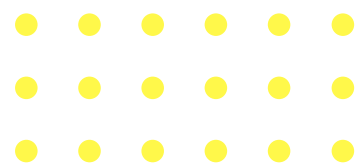
Activities

Slide 11: Playful exercise – The Artist's Way inspired morning pages

Facilitator Notes: Remind participants that this exercise is about release, not structure.

Slide 12: The magical journal exercise

Facilitator Notes: Explain that this exercise taps into their intuition and encourages playful, imaginative thinking.

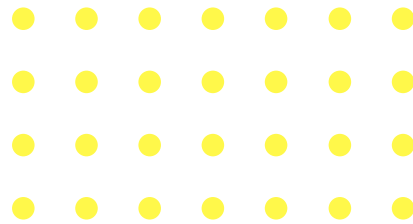


Daily prompts and sustaining practice (20 minutes)

Objective

Provide participants with tools and inspiration for continued journaling.

Activities

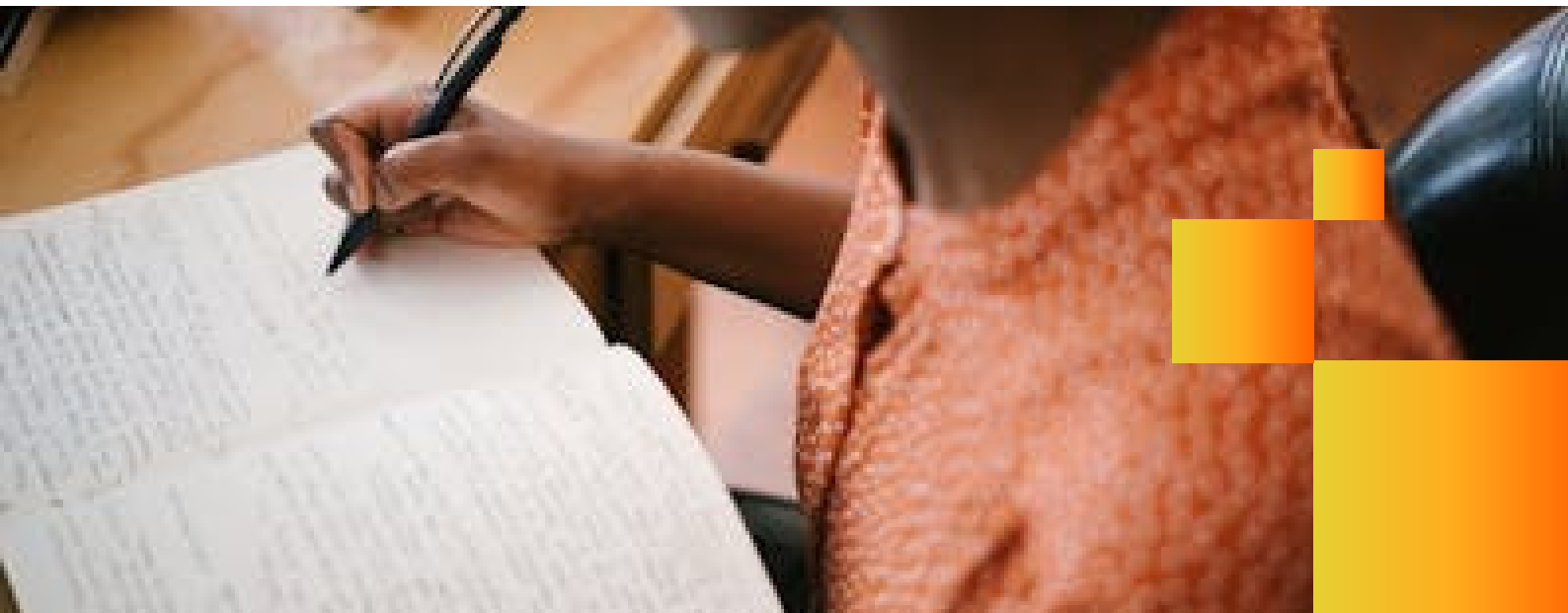


Slide 13: Journaling prompts to try at home

Facilitator Notes: Suggest ways to incorporate journaling into daily routines and encourage participants to experiment with different prompts.

Slide 14: Building a journaling habit

Facilitator Notes: Discuss the importance of making journaling a habit that participants look forward to.





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Final reflection and Q&A (20 minutes)

Objective

Wrap up the workshop with a recap and a moment of reflection.

Explanation of activity:

Summarize key insights and encourage participants to share their most significant takeaways.

