

# Journaling for the Soul



A Five Week Exploration  
Week Two - September 8, 2020  
Leaders: Elizabeth and Sophia Gaynes

# Week One Recap: Community Guidelines

- Feel free to share about the experience, but please maintain confidentiality for the content of other people's sharing
- Focus on YOU - journaling is personal, take what you need, and don't try to fix anyone else
- Participate fully!
- When there is an opportunity to share, be mindful of other people and the time.
- Come on time - you don't want to miss this!

# Week One Recap: Benefits of a Journal Practice

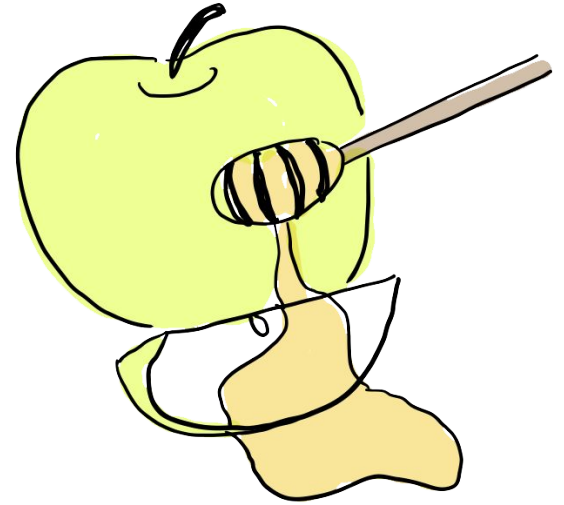
- Boost your mood/Enhance your sense of well being
- Helps you to detect patterns in your thoughts and behaviors
- Improve your working memory
- Reduce symptoms of anxiety and depression before or after an important event (ie. an exam or important meeting)
- Clear and process events and emotions with perspective



*"Whether you are keeping a journal or writing as a meditation, it's the same thing. What's important is your having a relationship with your mind" - Natalie Goldberg*

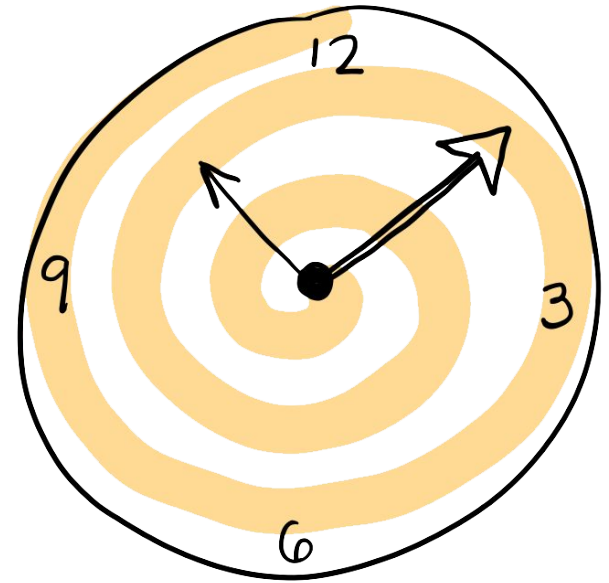
# Why Now?

- Elul
- 10 Days Leading to Rosh Hashanah
- Opportunity for Self-Reflection
- Your journal can be a part of your process next year



# Why journal?

- Documentation
  - mark the passage of time
- Clear and clarify thoughts and feelings
- Self expression and creativity
  - Set goals and measure productivity
  - Combination of right (creative imaginative) and left (act of writing) brain
  - Others?



*"Journaling is like whispering to one's self and listening at the same time." - Mina Murray*

# VISUAL JOURNALING

THINK ABOUT the  
EVENTS THAT  
HAPPENED TODAY



IDENTIFY ANY  
- FUNNY, - UNIQUE,  
or EMOTIONAL

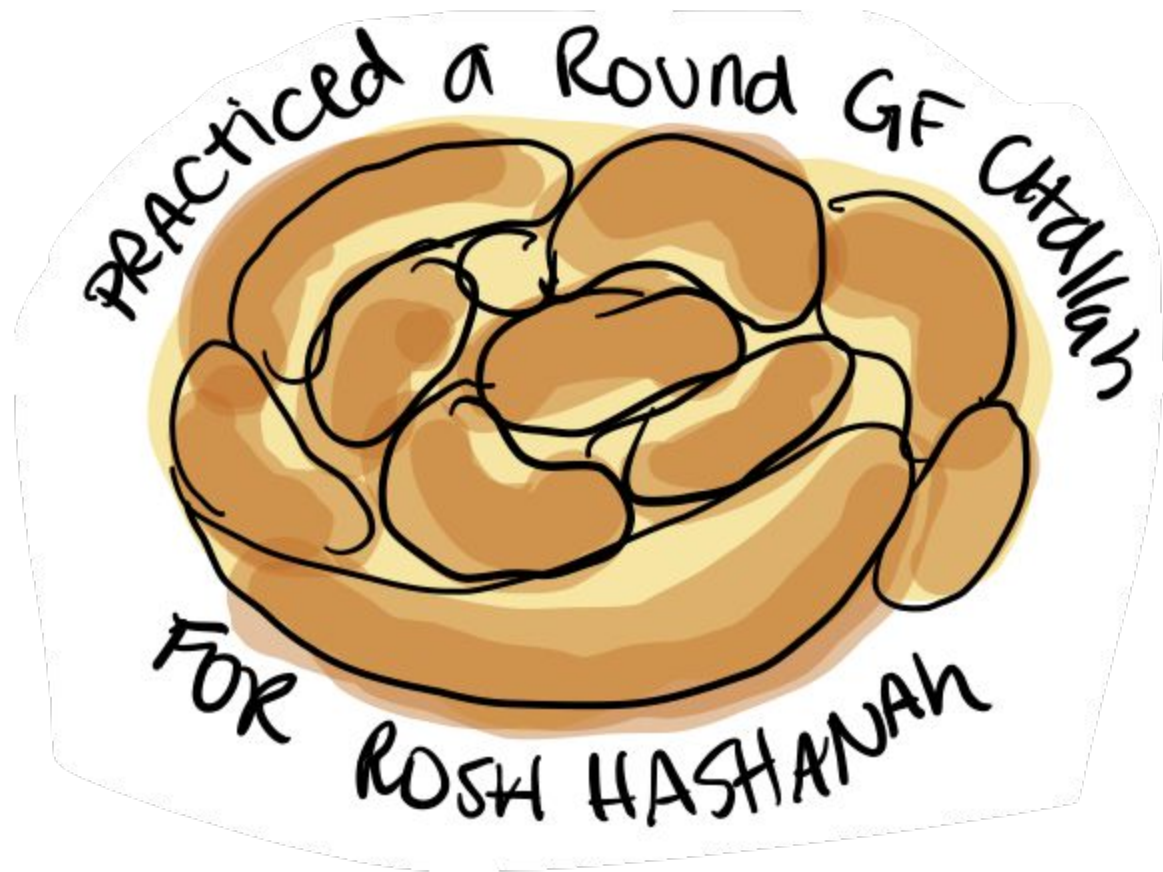
MOMENTS and  
SOME IMAGE that  
reminds you of it.





CAPTION THE  
IMAGE!

- can include  
a description  
about how the  
experience felt...



PRACTICED A ROUND GF CHALLAH

FOR ROSH HASHANAH

# Week Two Exercise - Visual Journaling

Let's get comfortable drawing!

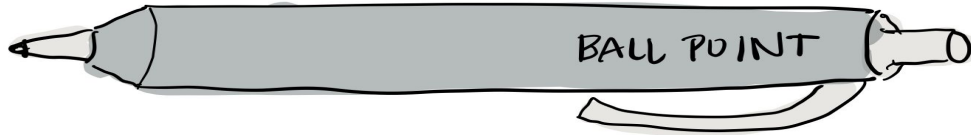
- You do NOT need to be Picasso
- Draw with enough detail, so that when you look back at it, this image will remind you of this moment
- Add color, if that feels important to you!

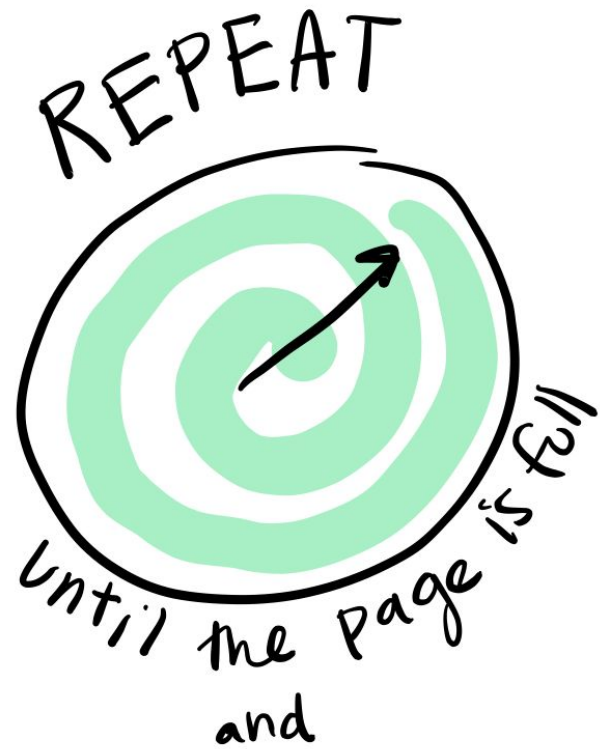
**Step One: Draw something that you can see from your seat (your computer, coffee mug, a plant etc.)**



# Step Two: Caption your drawing

- Write about this experience on the same page as your drawing
  - How are you feeling?
  - Why are you here?
  - What is happening in your world right now?





and  
DON'T FORGET to  
Include the date.

FRIDAY 8.28.20

Worked in the garden today!

Tomatoes are getting juicy

A spicy pepper

Beets & under here

GARDEN BOX CONSTRUCTED BY  
DAD + ME!

QUARANTINE  
WEEK ???

PRACTICED A ROUND GF CHALLAH  
FOR ROSH HASHANAH

BRINGING IN SHABBAT  
ON FRIDAY IS LIKE  
TAKING A DEEP BREATH

IT'S  
THAT

THE  
FEELS

ONLY DAY  
DIFFERENT.

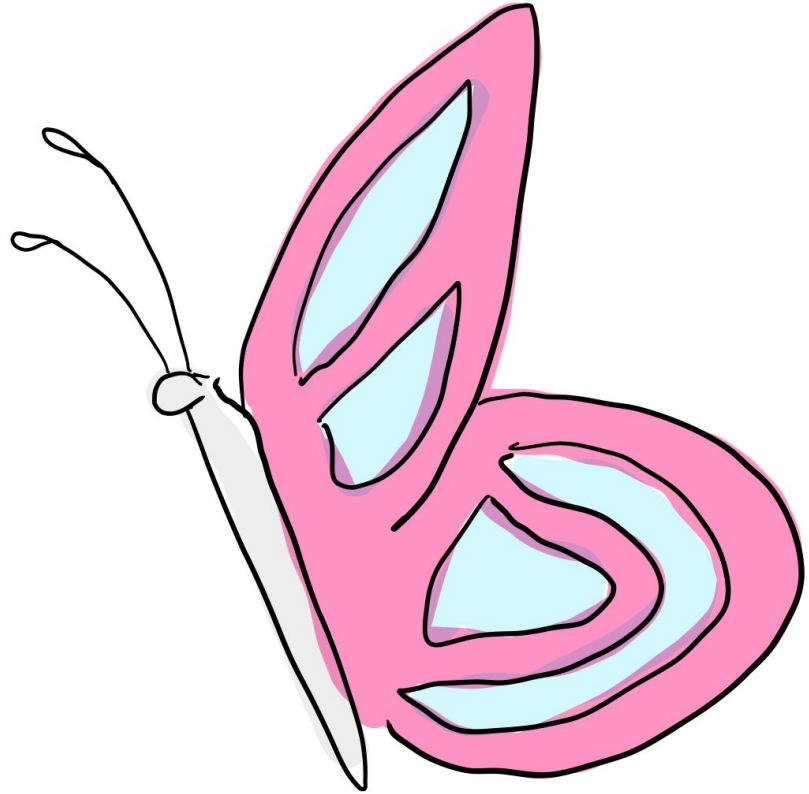


# Week Two Homework

- Start Open Lists (suggestions):
  - Teshuvah - With whom do we need to make amends
  - Strengths
  - Writing Prompts
  - Quotes
  - Areas to work on
- Record a whole day in a visual journal entry
  - Throughout the day, draw three items (or take 3 photos to draw from later) which are connected to memorable moments
  - At the end of the day, caption the individual images and write a journal entry to go into more detail
- Other visual journaling ideas: 1. Illustrate a single idea or concept per page (ex. Tikkun Olam, Consumerism/Recycling, Healthy Living) 2. Document a movie or a book you've read 3. Create a visual expression of a process (the steps I took to do something)

## **KEEPING A JOURNAL by William Stafford**

At night it was easy for me with my little candle  
to sit late recording what happened that day. Sometimes  
rain breathing in from the dark would begin softly  
across the roof and then drum wildly for attention.  
The candle flame would hunger after each wafting  
of air. My pen inscribed thin shadows that leaned  
forward and hurried their lines along the wall.  
More important than what was recorded, these evenings  
deepened my life: they framed every event  
or thought and placed it with care by the others.  
As time went on, that scribbled wall--even if  
it stayed blank--became where everything  
recognized itself and passed into meaning.





See you next week!

All illustrations by Sophia Gaynes