This one-hour Zoom workshop will provide you with the tools for starting your own journaling practice. You will learn:

- The benefits of journaling.
- Journaling myths that stop you from writing.
- Different approaches to journaling to include doodling and writing to a prompt.
- A range of writing prompts to explore.
- Opportunity to share workshop writing.
- Further resources to expand your writing practice.

Each participant will receive a journaling kit upon registration.

Your workshop facilitator: Sharon Swanson, MFA, MPA, the Manager of Arts & Health at Duke, received her graduate degree in nonfiction writing from Bennington College. An award-winning essay writer and documentary film maker, Sharon has taught journaling classes to both patients and staff at Duke University Hospital, and at health-related conferences.

Limited to 20 participants.