

## **GrapeVine Unit**

### **Coping with Stress Through Journaling**

**FREE**

Stressed out? This one-hour presentation will discuss chronic stress and its impact on physical and mental health. Participants will be introduced to and practice journaling as a coping technique to protect their well-being.

This session will cover:

- Normal stress vs. chronic stress
- Stress-related health consequences
- Personal stress assessment
- Journaling as a coping technique
- Journaling exercises

Handouts on the topic and a small gift will be available for participants at the end of the session.

GrapeVine is a program of the Wisconsin Women's Health Foundation