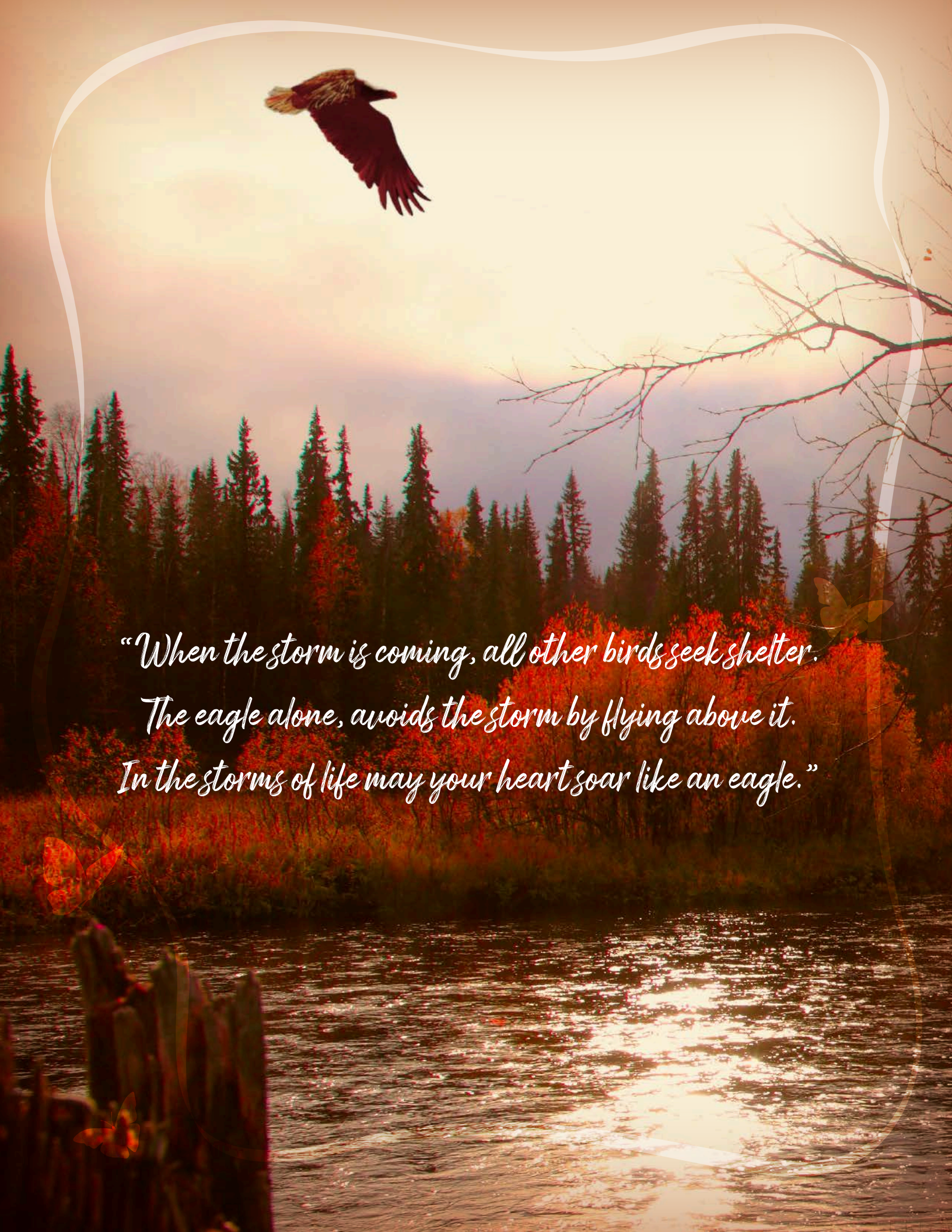
"When the storm is coming, all other birds seek shelter.
The eagle alone, avoids the storm by flying above it.
In the storms of life may your heart soar like an eagle."

The Benefits Of Journaling When You Are Working On Healing/Recovery From Trauma

Journaling on a regular basis can help you work through stressful and upsetting events in your life. Writing down your thoughts and feelings in an actual journal or an electronic journal (in the notes section of your phone or a in Word document on your laptop) can help you:

- Increase your self-awareness
- Process complicated emotions
- Transform negative thoughts into positive thoughts

Pen & Paper Journaling

Now many people feel that they do not have time for journaling, but it does not have to take long. You can journal for 10 to 15 minutes or even just 5 minutes. Another concern is privacy and worry that someone will read your journal. If you have a physical "book" type of journal, you can keep it in a safe place or lock it in a filing cabinet or other secure location. Alternately, there are hard cover journals that you can buy or order online that come with a lock and key.

Electronic Journaling

Another option is writing in the notes section of your phone and ensuring that others do not have access to your passcode, email yourself to your personal email or writing in a word document on a password protected computer, laptop or tablet.

The Land is a Natural Healer

As Indigenous people, we know that the land is a natural healer and that the land will always heal us and protect us. If you are able to, an even better alternative is to go for a walk in the bush and talk to a tree. If you live near a lake or river, you can also talk to the water. You can also offer sema (tobacco) to the water or a fire and talk to these elements if you practice traditional ways. Regardless of your religious or spiritual background, you can always access the land as a natural healer. If you go to church, consider going to the church sometime when you can be alone and just speak to God, our Creator or just spend some quiet time journaling there.

Missing and Murdered Indigenous Women and Girls
MANITOBA KEEWATINOWI OKIMAKANAK INC.

Take some time to sit down and have a moment for yourself. Write down your thoughts and express them on these pages. Write as much as you can. It may begin to help you feel better to get your thoughts out and onto these pages.

The following are some sample writing prompts that you could try out each day or as often as you can:

One challenge I overcame today was...

I am really looking forward to...

My favourite memory of my grandmother is...

What makes you feel powerful, or makes you feel like you have control over your life?

When we are recovering from trauma, going to sit by the water can be very soothing and calming or taking a short walk in nature. What are some things that make you feel calm?

One thing that I learned about myself today is...

What is a choice you can make this week based on your needs?

A person who makes me feel good when I am around them is...

Three things that I am grateful for...

What are some activities that you enjoy doing to recharge your energy? Do you bead, cook, sew, do woodwork?

One of the best times I ever had at camp was...

What helps you slow down the fast pace of daily life and feel more present, like you are right here in the moment?

My plan for practicing self-care today is...

What are some ways that you can put yourself first without feeling guilty?

This is the best compliment someone ever gave me was...

My favourite traditional foods are...

Often, friends or family members come to us with problems they are having or issues they are facing. How can you support someone and at the same time, avoid absorbing someone else's emotions and stress?

How do you enjoy your alone time when you get the chance to be alone?

Burnout can be described as a physical or mental collapse that is caused by overwork or excessive stress in a person's life. How do you know when you are nearing burnout?

Here's a letter to my future self...

When I pray, it makes me feel...

How do you share your feelings with the people in your circle?

How do you stick up for yourself when others take advantage or do not respect boundaries?

This is a letter to my loved one...

Are you able to easily forgive yourself when you make mistakes? Why or why not?

What I like about myself is...(and why?)

I remember the last time I felt really, truly happy...

How do you make the time you spend with the people you care about more intentional? For example, do you turn off your phone, use active listening techniques, etc.

This is my happy place... (include what you see, hear, smell, feel and taste)

How do you set boundaries with other people to protect your spirit, your energy, and your emotions?