
SKILL BUILDING WORKSHOP

Journaling to reduce stress and anxiety

Journaling: the act of writing down your thoughts, feelings, and experiences on a regular basis.

Why journal?

Journaling can be one of the simplest, most effective tools to reduce stress, manage symptoms of depression and anxiety, focus your thoughts, and improve your mental health overall. It's a safe space to explore ideas, learn about yourself, and track your growth.

Join us for a journaling workshop led by a Spring Health coach. We'll go over journaling basics, practice tips for getting started, and talk through ways to make journaling work for you.

Tuesday

May 16, 2023

3:30-4:00 PM ET (12:30-1:00 PM PT)

[Register](#)



Receive a Custom Journal from Spring Health

In order to qualify for the Journal Gift, you must be one of the first 250 people who attend one of our **mindfulness sessions** and/or the **Journaling Skill Building Workshop**, in addition to our **May 23 webinar *How to Handle Anxiety without Worry***. The first 250 people who attend the required sessions will receive a customized journal from Spring Health.

Disclaimer: Only for US members.
Limited to the first 250 qualifying attendees

Create your account today at benefits.springhealth.com or download the Spring Health mobile app. If you need help signing up, contact the Care Team at 1-855-629-0554 or careteam@springhealth.com.

Your care with Spring Health is confidential.