



mySupport = More Support

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Drawing a Roadmap to Healing: Visual Journaling for Better Mental Health

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**mySupport Onsite
Clinical Team**

Agenda

- Discuss impact of the COVID 19 pandemic on mental health
- Learn about visual journaling and the benefits of self-expression
- Participate in a visual journaling exercise
- Share experiences about the exercise
- Learn about MySupport services

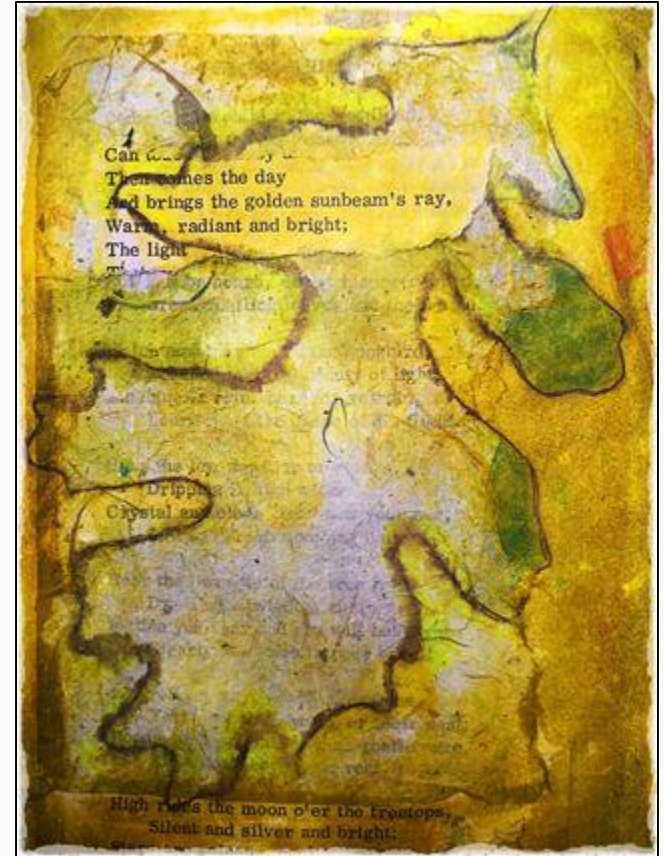
Impact of the Pandemic on Mental Health

- Grief and Loss
- Financial Stress
- Social Isolation
- Caregiving Stress
- Uncertainty
- Burnout
- Physical Illness



Visual Journaling

- *Using art making to manifest what is just below the surface in order to deepen meaning and understanding.*
- *A powerful container for life's more difficult experiences and transitions, a source of mindful moments, and ultimately a method of self-care via the visual language of art.*



Cathy Malchiodi PhD in *Psychology Today*

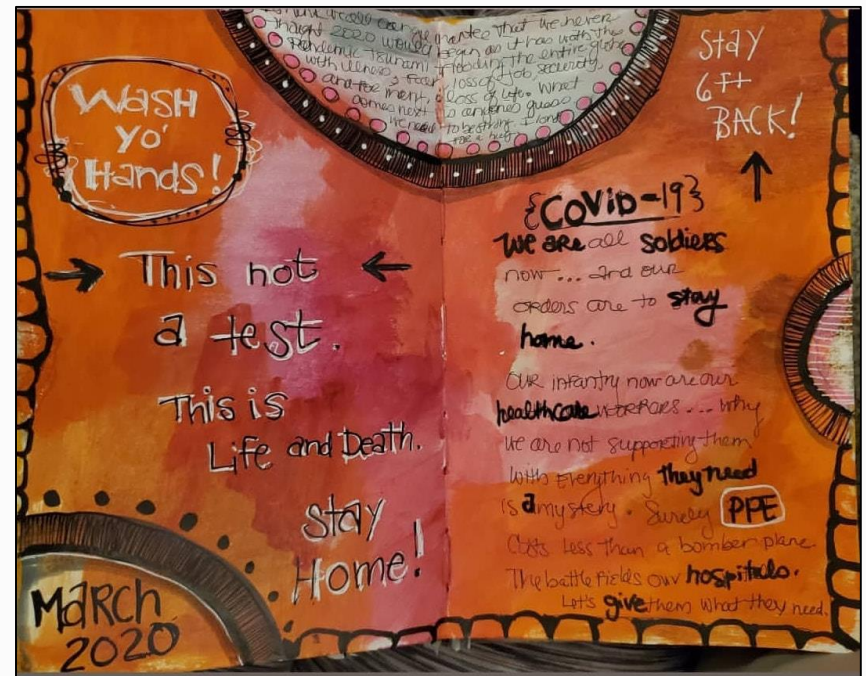
Benefits of Self-Expression

Emotional Release & Catharsis

Stress Relief

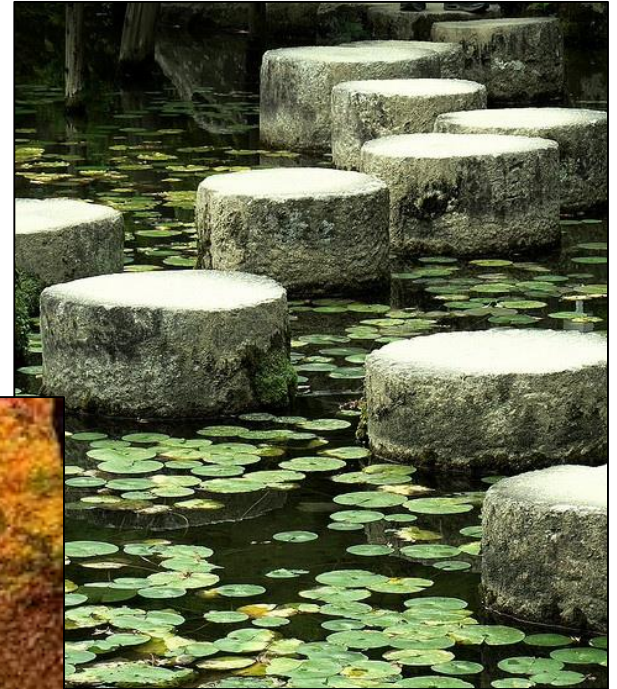
Self-Discovery

Healing



Pennebaker & Smyth, 2016

Choose Your Road Map to Healing



Road Map to Healing

- 1) What obstacles did you encounter?
- 2) How did you overcome those obstacles?
- 3) What strengths did you developed?
- 4) What silver linings did you encounter?
- 5) What are your intentions moving forward?



Road Map to Healing: Sharing the Experience

What was it like to think about and create your roadmap?

What did you learn?

Would anyone like to share their roadmap or aspects of their roadmap?

mySupport provides

Support for emotional well-being

- 24-hour, in-the-moment telephonic needs assessment and support, provided by licensed clinicians.
- Access to licensed employee assistance counselors around the region and the country for tele-video and in-person counseling.
- Up to 5 counseling sessions per issue.
- EAP counseling services are free of charge.

Contact *mySupport*

**Call: 443-997-7000, #2
24/7/365**

JHU:

<https://hr.jhu.edu/benefits-worklife/support-programs/>

JHM:

https://www.hopkinsmedicine.org/human_resources/benefits/jh_worklife_programs/worklife-support-programs.html

Resources

- “Opening Up by Writing it Down: How Expressive Writing Improves Health and Eases Emotional Pain,” James W. Pennebaker, PhD and Joshua M. Smyth, PhD
- “Writing as a Way of Healing: How Telling Our Stories Transforms Our Lives,” Louise DeSalvo
- [Psychology Today](#) article on visual journaling
- [Harvard Business Review](#) article on writing

References

- American Psychological Association:
<https://www.apa.org/monitor/2021/11/numbers-depression-anxiety>
- Psychology Today:
<https://www.psychologytoday.com/us/blog/nurturing-self-compassion/202103/is-mental-health-crisis-the-next-pandemic>
- Psychology Today: <https://www.psychologytoday.com/us/blog/arts-and-health/201604/visual-journaling-reflective-practice>
- “Opening Up by Writing it Down: How Expressive Writing Improves Health and Eases Emotional Pain,” James W. Pennebaker, PhD and Joshua M. Smyth, PhD

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