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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

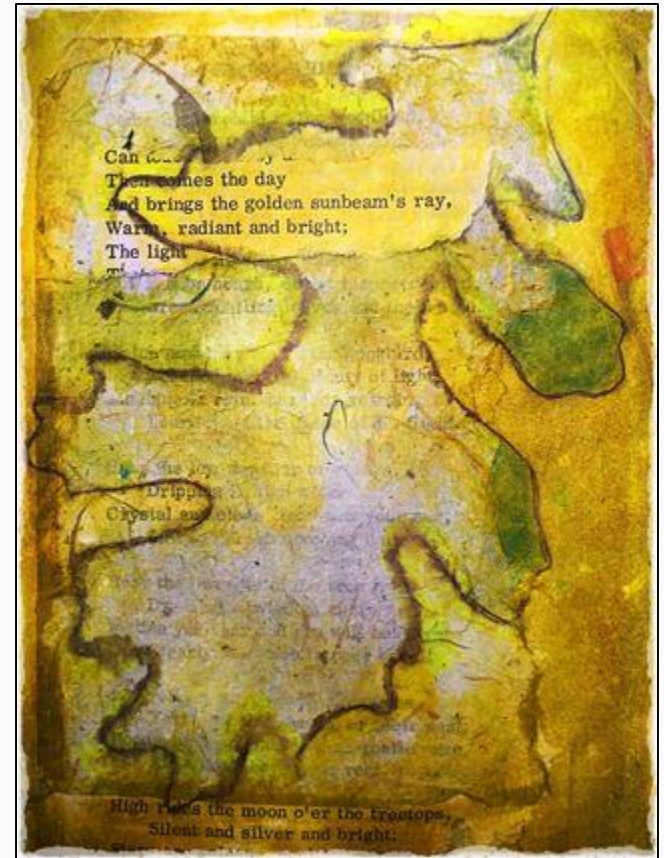
# Impact of the Pandemic on Mental Health

- 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*

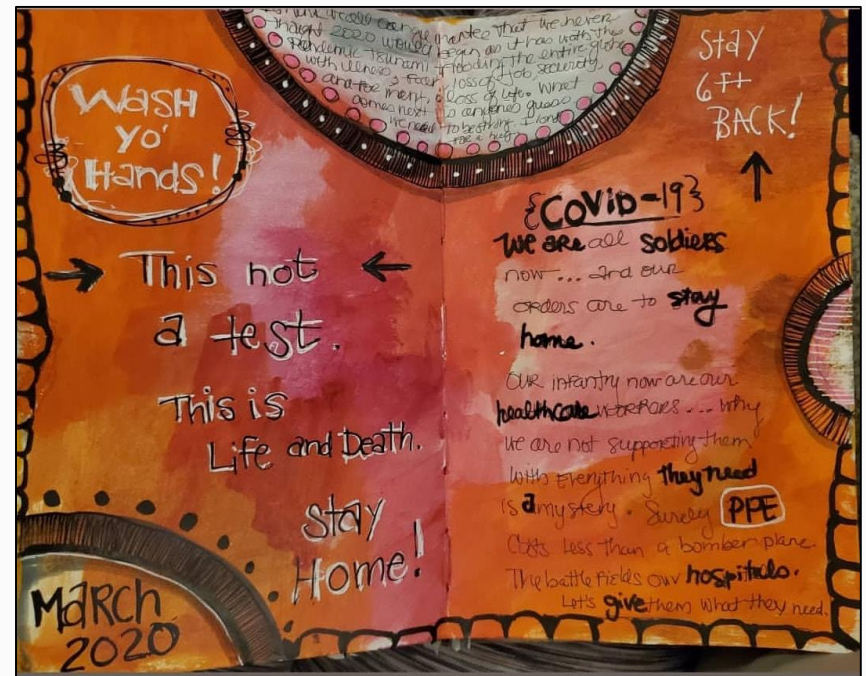
# Benefits of Self-Expression

Emotional Release & Catharsis

Stress Relief

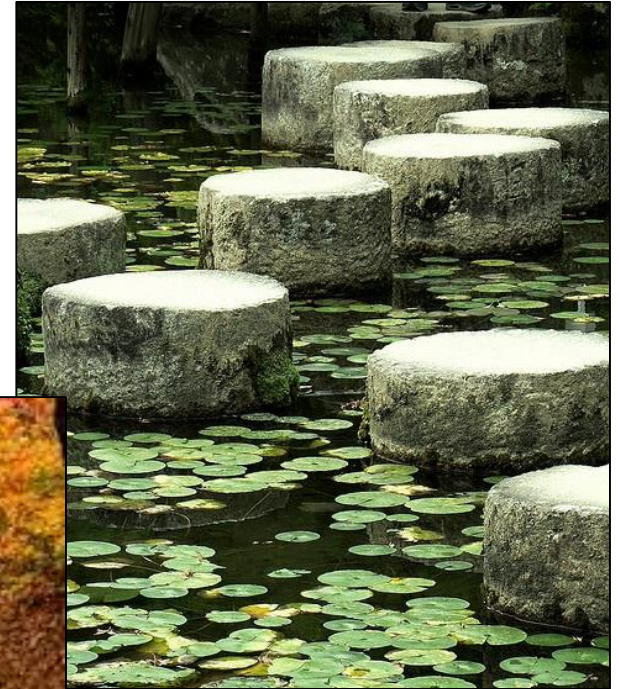
Self-Discovery

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](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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