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DHS Focus

Health journaling for life

A newsletter for employees of the Wisconsin Department of Health Services

April 23, 2009

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"It's Your Time" is the theme for the 2009 National Women's Health Week (May 10-16). This year during the week's observance the DHS Health and Safety Committee and the Bureau of Prevention, Treatment and Recovery (BPTR) are offering an everywomen's journal session. We celebrate Women's Health Week to remind women and all employees that taking care of themselves is essential to living longer, healthier, and happier lives.

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A free two-hour *everywomen's journal* workshop will be held Thursday, May 14, 2009 from 11:00 a.m. to 1:00 p.m. at the 1 W. Wilson DHS building in B139. In the workshop participants will learn and practice pro-active journal writing techniques, and receive information about mental health and wellness, mental illnesses, signs, symptoms, prevention, and resources.

A free two-hour *everywomen's journal* workshop will be held Thursday, May 14, 2009 from 11:00 a.m. to 1:00 p.m. at 1 W. Wilson in Rm. B139.

Enrollment is limited to the first 15 participants to sign up. Staff from the Wisconsin Women's Health Foundation will be presenting. If, there is interest, another session may be scheduled. Contact Rebecca Cohen at (608) 266-2712 or email Rebecca.Cohen@wisconsin.gov to register.

What is *everywoman's journal*?

An educational outreach program, *everywoman's journal* teaches women how to use proactive health journaling techniques to increase individual awareness of their mental, physical, and emotional health, and guide them towards positive, effective action to improve their health and sense of personal well-being.

Journaling is commonly used in chronic pain management, recovery programs and adult learning, but journaling can also be used as a prevention tool. Proactive health journaling helps women translate personal reflection and feedback into actions that increase well-being by becoming in tune with the physical messages our bodies give us and by using self-care techniques.

To learn more go to the Wisconsin Women's Health Foundation website at http://www.wwhf.org/pg_womansjournal.asp.

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