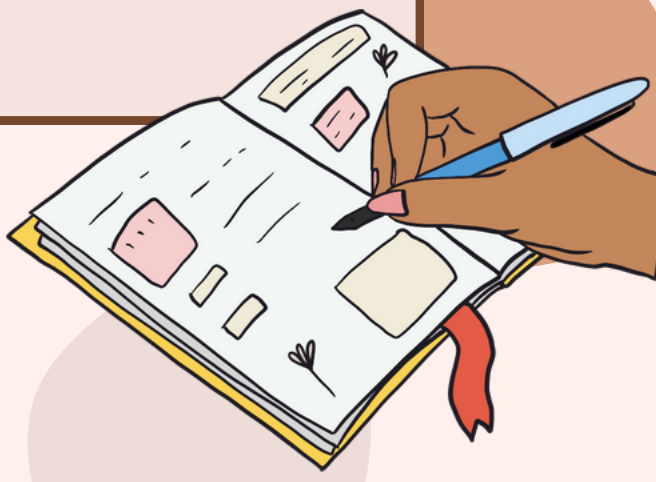
THIS WEEK

Take a break and reflect on a movie!

Stop by the OHP (Sayles 162) to pick up a guide and get a movie suggestion!



Benefits Of

Writing a Journal

It allows us to express our emotions, which can support our well-being by letting us organize thoughts and feelings on paper.

Journaling also helps ease our distress when we're struggling, and has even been shown to improve immune system health!



Examples of Film Journals:

NEWMAN, KIRA M. "HOW JOURNALING CAN HELP YOU IN HARD TIMES." GREATER GOOD, 18 AUG. 2020, GREATERGOOD.BERKELEY.EDU/ARTICLE/ITEM/HOW_JOURNALING_CAN_HELP_YOU_IN_HARD_TIMES.

Journaling Guide

1. Pick a movie sticker from OHP!
2. Watch the movie with friends or by yourself!
3. Reflect on the movie!
4. Use the sticker to journal on the movie and write down your thoughts!



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