EveryWoman's Journal (EWJ) is a free outreach program founded by the Wisconsin Women's Health Foundation (WWHF) in 2002 to teach women how to use expressive writing techniques to increase their awareness of their mental, physical, and emotional health. EWJ facilitators host two-hour sessions in which participants learn and practice journaling techniques using a guidebook, journal, and pen provided by WWHF. The majority of the two hours is spent writing after being given prompts by the facilitator.

Following the workshop, participants may opt to receive Step Two emails which provide participants monthly journaling practice exercises and tips. Step Two, which started in December 2014, helps women deal with stress and continue to improve wellness.

2015 Program Overview
171 Women Served
20 Workshops Completed
40 Volunteer Facilitators

“I attended the EWJ workshop to find a place to begin (a new life), to find my new me, and to find a path to go forward on. The journaling has allowed me to put closure to the pain and disappointment of my past life, put all events in the right perspective, and figure out where I want to go on to.”

EWJ Participant, Rosemary K, 2015

Women who journal report:
- Feeling less stressed
- Better moods
- Better problem-solving skills
- Fewer symptoms of depression and anxiety
“The exercises really help you dig deeper into meaningful journaling rather than just keeping a diary.”

45% of participants had no previous journaling experience prior to their EWJ workshop.

“Evaluations:

- 94% thought the EWJ workshop was good or excellent.
- 92% will use the techniques/exercises learned at the workshop.
- 89% believed the workshop helped them learn how to cope with stress and improve their overall well-being.

Six Weeks After the Workshop:

- 78% of participants thought the journaling helped them.
- 73% had done at least some health journaling.

“Post-Workshop Participant Evaluations:

- Stress Management
  - Journaling at home
  - Deep breathing
  - Making time for activities I enjoy
  - Focusing on one thing at a time
  - Taking more breaks in my day
  - Reducing self-criticism

- Health Behaviors
  - Stop smoking
  - Daily activity/exercise
  - Regular doctor appointments
  - Eat right
  - Limit alcohol & caffeine
  - Improve sleep routine

- Communication
  - Learning to say “No”
  - Making compromises
  - Not expecting perfection
  - Talking out my problems

Age of Participants

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>21-35</td>
<td>14%</td>
</tr>
<tr>
<td>36-50</td>
<td>22%</td>
</tr>
<tr>
<td>51-64</td>
<td>49%</td>
</tr>
<tr>
<td>65+</td>
<td>14%</td>
</tr>
</tbody>
</table>

2015 EWJ Facilitators

Heidi Anderson, West Bend
Jennifer Berna, Iola
Nancie Brennan, Green Bay
Maebe Brown, Milwaukee
Kiersten Carley, Stevens Point
Lee Clay, Mukwonago
Marie Crowley, Oconomowoc
Marilyn Duguid, Madison
Linda Garrett, Beloit
Cindy Grueneberg, Green Bay
Aimee Henry, Waukesha
Velma Hockenberry, Tomah
Tammy koenecke, Reedsburg
Sally Lewis, New Auburn
Allison Maedke, Kenosha
Chris Maghrak, Marshfield
Marie Michel, Manitowoc
Sarah Millie, Racine
Nora Miller, Madison
Lisa Mueller, Kenosha
Liz Orlofski, Wisconsin Rapids
Joan Pacetti, Kenosha
Jeanne Pawielski, Waupaca
Peggy Pipia, West Allis
Sue Quever, Burlington
Linda Radder, Shorewood
Nancy Rhodes, Shorewood
Lori Rudolph, Baraboo
Betsy Sachs, Waupaca
Sherry Schad, Prairie du Sac
Allison Schultz, Bonduel
Sandra Simonson Thums, Rib Lake
Cathy Taylor, Marshfield
Kathie Tilot, Green Bay
Susan VanDerLoop, Appleton
Tina Werres, Rhinelander

To schedule a workshop, contact Nora Miller at nmiller@wwhf.org or 1-800-448-5148, Ext. 103.