EveryWoman’s Journal (EWJ) teaches women to use journaling as a tool for stress reduction and self-care at workshops statewide. The Wisconsin Women’s Health Foundation trains volunteer facilitators to hold workshops in their communities. Women who attend the two-hour workshops are guided through expressive writing techniques that help increase awareness of their mental, physical, and emotional health. Women also receive monthly journaling exercises via Step Two emails to help them continue their self-care.

2016 Program Overview:
38 Volunteer Facilitators
23 Workshops Completed
182 Women Served

PARTICIPANTS:

53% of participants reported having a chronic illness
49% Reported stress most days or every day

COUNTIES SERVED, 2002 to 2016

Wisconsin Women’s Health Foundation
2503 Todd Drive Madison, WI 53713 | www.wwhf.org | 608.251.1675 | nmiller@wwhf.org
PROGRAM OUTCOMES:

POST-WORKSHOP:

- **75%** of participants learned new journaling techniques to improve personal well-being
- **44%** had increased awareness of mental, physical, and emotional health
- **31%** had better understanding of elements of good mental health

PARTICIPANTS REPORTED MAKING CHANGES IN:

- **50%** Stress Management
  - Deep breathing
  - Do an activity you enjoy
  - Do one thing at a time
  - Don’t expect perfection
  - Take five when you need to
- **27%** Health Behaviors
  - Compromise
  - Learn to say “no”
  - Go easy on criticism
- **24%** Communication
  - Get regular check-ups
  - Limit caffeine
  - Stop smoking
  - Regular sleep and exercise
  - Eat right
  - Limit alcohol

What Participants are Saying About EveryWoman’s Journal:

- “*Helpful and healthy info about how to live life*”
- “*It gives me a chance to do self-reflection and goal-setting*”
- “*I like that each area was different and allowed me to see how I could fit certain journaling techniques for different areas I need to journal about*”
- “*Facilitator explained why we were doing each exercise and how it related to life and assisted in the release of stress/tension/anxiety*”

EveryWomen’s Journal would not be possible without the dedication of our volunteer facilitators and organizations. Thank you for sharing your time, expertise, and talents!