Journaling tip:

As you go through this mind-body medicine journey, we invite you to use this journal to reflect on your experience.

- You can write freely whatever comes to your mind, or you can use the various writing prompts which will be offered.
- To start with, consider reflecting and writing about one thing in your life you are thankful for each day.
- You may also write down what you notice in your mind, body, or emotions as you practice the soft belly exercise.
- Feel free to add drawings to express yourself.
- These journals can be kept private or if you feel comfortable you may share your thoughts with others.