



# FIT 4 WORK \* FIT 4 LIFE

Stay healthy, reduce stress, be safe

## JOURNALING 101

### WHY KEEP A JOURNAL

Keeping a journal is one of the best ways to manage your life. It is kind of like a self-improvement tool. Most of us see journaling as a hobby or something that we do for fun or to relax with it can be, but it can also be a tool for self-improvement, or making sense of our thoughts and feelings. I've talked about getting to know yourself before and how important that is in being able to set your own goals and achieve them. When you journal, you get to know the quality of your thoughts and can focus on understanding them.



A journal is the best self-awareness tool there is.

### CHOOSING YOUR JOURNAL

There are many kinds of journals you can choose to keep. For example, you may want to keep a journal to record memorable moments in your life where you only write at certain times such as a special trip, birthday, meeting a new friend. A reflective journal is a place to track your experiences and pour out your feelings about them. A gratitude journal is where you write a list of things you are grateful for each day. In a travel journal you would log your trips and what you did on them. A dream journal is a place to record your dreams on a regular basis to track their themes and patterns over time. I have more journal ideas to choose from listed in the box. Take a look and decide for yourself if you want to be specific or general about what you write. There is no right or wrong way to keeping a journal.

1

STRESS LESS

2

EAT BETTER

3

LEARN SOMETHING  
NEW

### THE BENEFITS OF JOURNALING



What will you  
write about?

### SUMMER QUICHE



Grill some zucchini  
and corn

### TONGUE TWISTERS



Exercise your  
tongue!

You can choose to keep a journal as a forever project or just for a short time. It is really up to you. A lot of people have chosen to keep a journal during the pandemic to record what life is like and how they are coping with the changes. What may seem boring today may be very interesting to know later on. It will be a cherished keepsake to look back on the journal many years from now and to share with future generations just how the experience affected you as an individual in your own words. You would be amazed how easily you can forget the details that seems so obvious now such as the fear of running out of toilet paper. So writing them down creates a permanent record you can look back on to keep the facts straight.

The first decision you have to make in starting a journal is what you want to write in. You can choose a hard bound book, or even a spiral notebook. Some people even choose to type on a computer. I prefer a spiral bound hard covered, unlined book. This way I can easily work on a hard surface and flip the cover around so its not in my way. And with no lines, I am free to doodle pictures anywhere I want. Because remember, a journal is what you make of it. It does not have to be just words. It can have photos, ticket stubs, pressed flowers... The possibilities are endless!

## TYPES OF JOURNALS

1. Record
2. Reflective
3. Gratitude
4. Travel
5. Dream
6. Art
7. Prayer
8. Exercise
9. Food
10. Idea

## WHAT TO WRITE IN YOUR JOURNAL

1. Write about your activities. What have you been doing? What do you want to be doing?
2. Write about what scares you. There's no better way to address your worries than writing about them. If you worry about something, it seems way worse in your head. When you start writing down

## IDEAS TO START YOUR WRITING

W – What do you want to write about? Think about what is going on in your life, your thoughts and feelings, what you want or are trying to avoid. Give it a name and put it all on paper.

R – Review or reflect on it. Take a few moments to be still, calm yourself and focus. Mindfulness or meditation is helpful. Try to start sentences with “I feel...”, “I want...”, and, “I think...” and think in terms of “Today...”, “Right now...”, or “In this moment...”.

I – Investigate your thoughts and feelings through your writing. If you feel you have run out of things to write, take a moment to re-focus. Read what you have written, and continue on.

T – Time yourself to ensure that you write for at least 5 minutes. Set a timer or alarm to go off when the time period you have set is up.

E – Exit with a conclusion. Read what you have written and take a moment to reflect on it. If you learned something about yourself jot down what you have discovered or decided.

what you're stressed about, you can start thinking about how you're going to solve the problem that's causing you stress in the first place.

3. Write about your decisions. Making decisions is hard. Deep down, we know the answers to what we want to do, but by listing the pros and cons we can gain a clear understanding of why we want it.

Don't worry about writing every day. One strategy in journaling is to force yourself to write something every day, if even for only 10 minutes. That may help if you need the motivation. But as long as you stick to it, it's okay to take a break and write once every two or three days. Even if you just use the time to doodle; The important thing is to keep at it — don't abandon your project.

## SUMMER QUICHE

### For the crust:

- 1 refrigerated pie crust
- 1 tbs grated parmesan cheese

### For the filling:

- |  |                              |
|--|------------------------------|
| 4 slices thick-cut bacon                 | 3 ears corn                  |
| 2 zucchini sliced longwise               | ½ cup grated Parmesan cheese |
| 1 cup grated Fontina cheese              | 3-4 large eggs               |
| ½ cup cream                              | 1 tsp fresh thyme leaves     |
| 1 tsp kosher salt                        | ¼ tsp ground pepper          |
| 1/2 cup Thinly sliced sun dried tomatoes |                              |



### Instructions

- Unroll the dough on a lightly floured work surface and sprinkle with the parmesan cheese.
- Press the cheese into the dough with your fingers. Fit the crust into a 9-inch tart or a pie pan
- Freeze the crust in the pan for 15 minutes.
- Preheat the oven to 375°F. And place a baking sheet on the lowest rack.

### For the filling:

- Slice zucchini and sprinkle with salt/pepper and a drizzle of olive oil. Grill on BBQ or stove top. When cooled, chop into bite sized pieces and place in a bowl.
- Grill the corn, remove kernels, add to bowl with zucchini and sun-dried tomato.
- Cook the bacon until crisp. When cooled, chop it into bite sized pieces and add to the bowl.
- Remove the pie shell from the freezer and add the vegetable mixture to it.
- Combine the eggs, cream, thyme, fontina cheese, parmesan cheese, salt and pepper in a small bowl and stir with a fork until well combined. Slowly pour the egg mixture over the filling working your way around the pan.

Bake the quiche on the preheated pan (on the lower rack) for 25-30 minutes or until the top is golden and filling is set. Let cool 10 minutes in the pan, then serve. This quiche can be made a day ahead, cooled and refrigerated. Before serving, rewarm in a 325°F oven for 15-20 minutes.

## Some Doodle Inspiration For Your Journal

"August brings the sheaves of corn,  
Then the harvest home is born."

# August



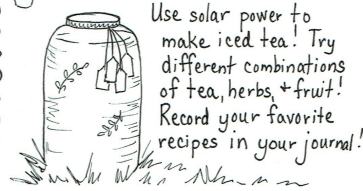
### Summer Sun

Great is the sun, and wide he goes  
Through empty heaven with repose;  
And in the blue and glowing days  
More thick than rain he showers his rays.  
Though closer still the blinds we pull  
To keep the shady parlour cool,  
Yet he will find a chink or two  
To slip his golden fingers through.  
~Robert Louis Stevenson

Draw a title page for August!

Draw a beach, lake, or swimming pool scene!

Make Sun Tea!



Build a sandcastle + draw it!

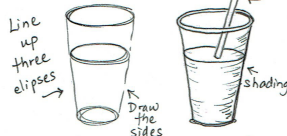
Copy "Summer Sun" in your journal and illustrate it!

Did your family take a vacation or go camping this summer? Write about your adventure in your journal and include some illustrations!

What fun things do you do to keep cool in the summertime? Can you imagine living before electricity and air conditioning like Robert Louis Stevenson? Draw a silly invention that would help cool you down!

Make homemade ice cream and explain how it freezes in your journal!

Practice Drawing ellipses!



## Doodle of the month: Glasses of Lemonade!

## Tongue Twisters

Tongue twisters are fun word games that are useful in improving speech and pronunciation. It might sound funny to hear, but its a great mental and vocal exercise that helps to improve language skills- See how you do with these. Try to do them faster and faster. Not so easy!

- Sam's shop stocks short spotted socks.
- Fat frogs flying past fast.
- Selfish shellfish.
- Shredded Swiss cheese.
- The crow flew over the river with a lump of raw liver.
- Red bulb blue bulb, red bulb blue bulb
- Peter Piper picked a peck of pickled peppers.
- Which wristwatches are Swiss wristwatches?
- Purple Paper People, Purple Paper People, Purple Paper People.
- Six slippery snails, slid slowly seaward.
- Freshly-fried flying fish.
- How much wood could a wood chuck; chuck if a wood chuck could chuck wood?
- She sells sea shells by the sea shore.

Hello. My name is Joanne Mintzas and I am the Care Manager, RN for St. John of God. Consider me a resource if you need support in completing your annual paperwork, have a medical question, or are seeking services with a health aspect.

A little about me: I have a BS in Foods and Nutrition, a BS in Nursing, and a MS in management. I have previous experience as a dementia nurse, a mental health nurse, and I worked at ADS as a part time school nurse prior to taking on this role. I instituted the Fit 4 Work program here at SJOG where I provide weekly educational lessons regarding work place safety, ergonomics, health and nutrition, and stress management for clients in the VR program. Look for my webinars!



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