

Writing A Reflective Journal

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Writing A Reflective Journal

Jo Ferbrache, who blogs under the name Sober Jo, discusses her love of journalling, a hobby she took up to chronicle her efforts to cut alcohol out of her life ...

Daily journalling offers a chance for reflection, inspiration and joy

Every evening after I finish work, while my mind is still whirring with tasks and stresses, I sit down with my notebook and I write. I don't think about what to write in advance; I just let the words ...

Why reflective writing is a powerful wellbeing tool

It's a tool for self-reflection and there are many studies ... Why do some of us write a page or so in a journal and then abandon it? Difficulty with stillness is probably the primary reason.

How Journaling Can Help You Live Your Best Life

UD's journal of beginning student writing features new works of research, creativity and reflection from across the disciplinary spectrum.

'Line by Line': Time, Crime Fiction, a Candy Commercial and More

Radically changing how you parent is not easy, but through prayer, self-reflection and commitment to goals, it can be done. It starts with knowing where you have been, where you are, and where you are ...

How to Radically Change Your Parenting for the Better

From March 23, 2020 - the day Indian Prime Minister Narendra Modi announced the nationwide lockdown - to April 14, 2020, we follow Bhattacharjee as he tries to make sense of the pandemic. Reading it a ...

With the horrors of the second wave, this Covid lockdown journal acquires a fresh poignancy

Geoff Dyer's tour through the world of photography spots the hidden history in every frame.

'See/Saw' Review: Every Picture Tells a Story

Bridging the Multimodal Gap addresses multimodality scholarship and its use in the composition classroom. Despite scholars' interest in their ...

Bridging the Multimodal Gap: From Theory to Practice

This study examines how students enrolled in two Web-based sections of a technical writing class performed compared to students enrolled in a conventional version of the class. Although no significant ...

Active and interactive learning online: a comparison of Web-based and conventional writing classes

For example, researchers writing in the journal Emotion in 2011 found that ... can help improve it Ruminates is to be stuck; self-reflection is to seek to be unstuck. The trick, of course ...

Don't Wish for Happiness. Work for It.

Pay someone a compliment Listen Keep a journal Write about how you feel Give a ... relatives You need to be kind to yourself. Self-reflection and constructive self-criticism are great, but don ...

30 ways to show gratitude each day

The holy month of Ramadan is a time for reflection and sacrifice ... Keep a gratitude journal. Take five minutes each day, or once a week, to think of and write down three things that have ...

The power of gratitude

The Financial Times this week reported that China's seventh national census would show the country's population declined for the first time in decades. The government bureau responsible for the census ...

Netizen Voices: "As Soon as They Want to Access Your Uterus, They Start the Sweet Talk"

Writing in the Journal of the Royal Society of Medicine ... He writes: "Shakespeare's approach creates a space for interpretation and reflection, to experience empathy. Creating such a space ...

Should Medical Students Be Taught a 'Bardside' Manner?

A journal of my son's first son, about her first experiences of grandparenting after her son learns, aged 19, that he's going to be a father. Her classic book on writing, Bird by Bird: Some ...

Anne Lamott on unflinching hope in dark days

Her flat grave marker sits at Cather's feet, a reflection of the perception that ... someone over your shoulder saying 'insert a caret, write these words, cross that out.' "It doesn't really ...

Book looks at Edith Lewis and her 'creative collaboration' with Willa Cather

and Tracy had kept a journal on several of them. Then when I went there to study in 2014, I started taking long walks and taking a camera with me, and in the evenings, I'd write emails to family ...

In 'Paris Without Her,' Gregory Curtis mourns the loss of his wife and learns to travel alone

On the morning of July 22, 2020, the Sierra Club's executive director, Michael Brune, posted a reflection on his organization ... people," he wrote in his journal—Muir contracted malaria ...

Don't Cancel John Muir

The 28-year-old has also appeared on the runway during Fashion Week as a model, in addition to photographing and modeling for a fashion cover story about self-reflection, authorship, and identity ...

An unconventional path to working in art and fashion, being from Jersey City

Her flat grave marker sits at Cather's feet, a reflection of the perception that ... over your shoulder saying 'insert a caret, write these words, cross that out.' "It doesn't really ...

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