



## Torrington Rotary Club

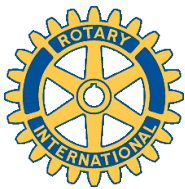
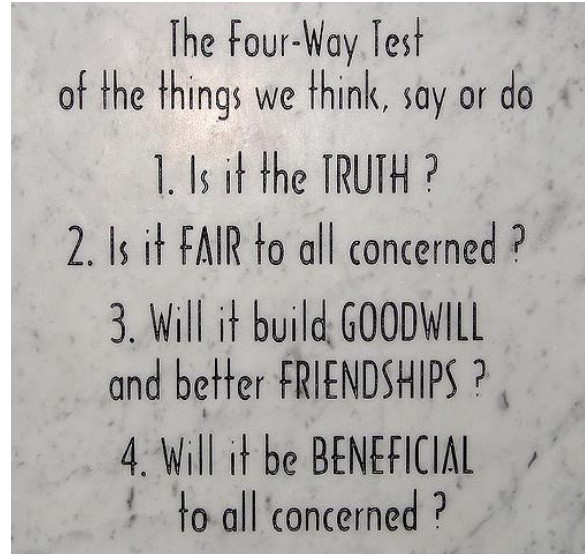
"Raising Writers"—A Literacy Project Sponsored by District 5440.

### Why Journal?

Journaling or writing about one's feelings or activities can help you learn to handle life events. It can help you:

- Clarify your thoughts
- Express your feelings
- Make positive choices
- Reduce Anxiety
- Make decisions
- Encourage creativity
- Dream about the future

Journaling can become a lifelong coping tool and one you might come to enjoy. You will write for an audience of one—yourself!



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