




***Mindful Journaling helps us deepen present moment awareness, even in difficult times***

Scientists say our brain's set point is to search for disturbances. People who go through mindfulness training begin to shift this set point to direct experience. In other words, they become attuned to what they are experiencing in the moment and less concerned with what might befall them in the future.

No journaling or writing skill is required just a willingness to explore.

Nancy Hill, LCSW has 40 years experience in the helping profession. She is the author of ***Unfolding: Slow Down– Drop In-Dare More.*** Meditations on living in the present moment and learning to speak our truth. She developed mindful journaling as a practice to notice what we notice. Nancy says, "I bring tools from many areas of my life, teacher, guide to women's growth, author, therapist & retreat facilitator, mother and grandmother."



***Mindful Journaling***

- Inhabit present moments
- Attend to senses
- Learn to shift awareness
- Decrease anxiety

**Location:** Wellness House  
131 N County Line Rd  
Hinsdale, IL 60521

**Date:** 2nd Thursday each month

**Time:** 1:00 to 3:30

**To register: please visit**  
**[www.wellnesshouse.org](http://www.wellnesshouse.org)**  
**or call 630.323.5150.**