

Fold me

*"Not everything that is
faced can be changed;
but nothing can be
changed until it is
faced."*

-James Baldwin



positivity.project@oregon.gov

Fold me

A TIME TO REFLECT



20 min a day



3 Days



Alone

THE WHY

According to a University of Chicago project tracking happiness over 50 years, the public's happiness is at an all-time low. At the Positivity Project, we've asked ourselves, "How do we best support you?"

From ongoing conversations and reviewing the results of our recent positivity survey, we learned that people wanted to process, to reflect. People wanted authenticity and acknowledgement. Thus, the positive activity this month is a tool to acknowledge and reflect on the challenges you're facing- a reflective writing exercise.

Reflection through writing, often called expressive writing in the research literature, has physical health benefits for the writer. Furthermore, reflection through writing can be an effective tool for individuals when the content is related to stressful work events.

HOW TO DO IT

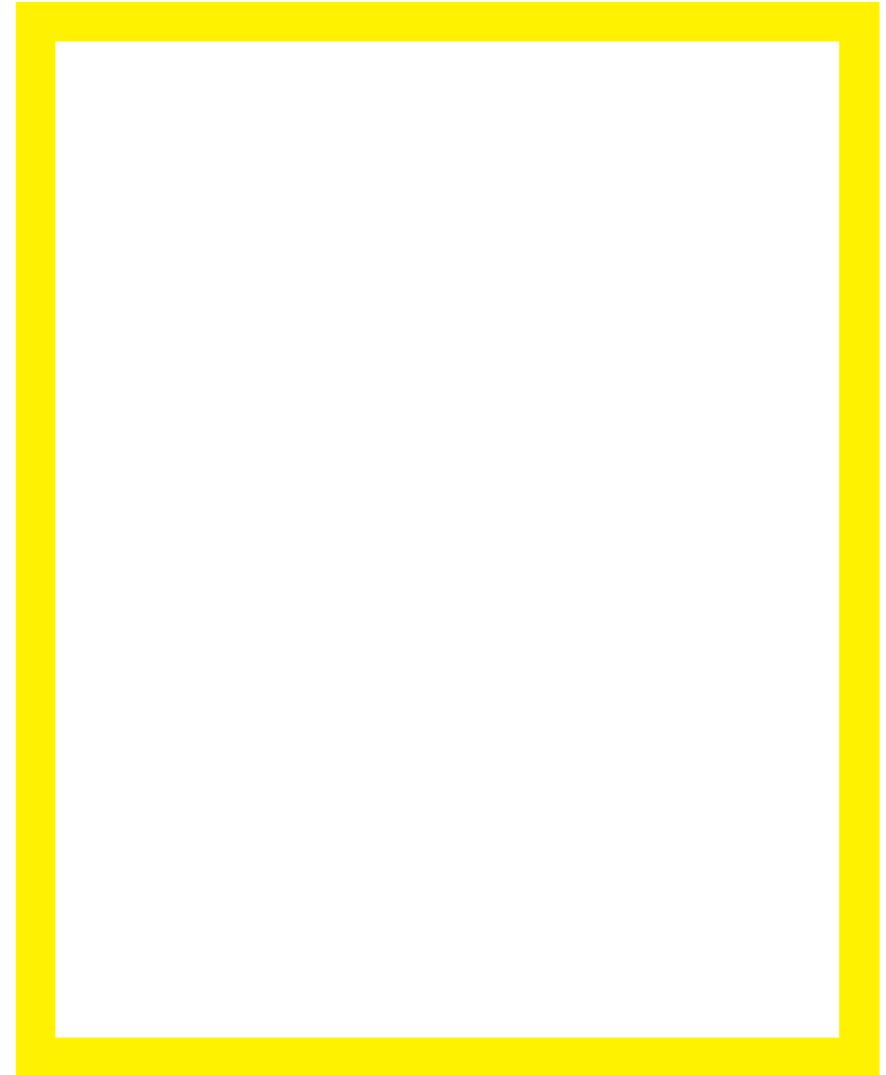
Pick an emotional challenge that is affecting you. One good way to pick is to answer the question, "What's been bothering me?" Over the next three days, spend 20 minutes writing about the challenge and how it is affecting you. Explore your deepest emotions and thoughts surrounding the issue.

Tips:

- Pick a time and place when you won't be disturbed.
- Don't worry about spelling, sentence structure, or grammar.
- Write only for yourself.

DO IT

Use the space below to reflect.



Barclay, L. J., & Skarlicki, D. P. (2009). Healing the wounds of organizational injustice: Examining the benefits of expressive writing. *Journal of Applied Psychology, 94*, 511-523. doi: 10.1037/a0013451

Frisina, P. G., Borod, J. C., & Lepore, S. J. (2004). A meta-analysis of the effects of written emotional disclosure on the health outcomes of clinical populations. *The Journal of nervous and mental disease, 192*, 629-634. doi: 10.1097/01.nmd.0000138317.30764.63

NORC at the University of Chicago (2020, June). Historic Shift in Americans' Happiness Amid Pandemic. Retrived June 16, 2020 from <https://www.norc.org/PDFs/COVID%20Response%20Tracking%20Study/Historic%20Shift%20in%20Americans%20Happiness%20Amid%20Pandemic.pdf>