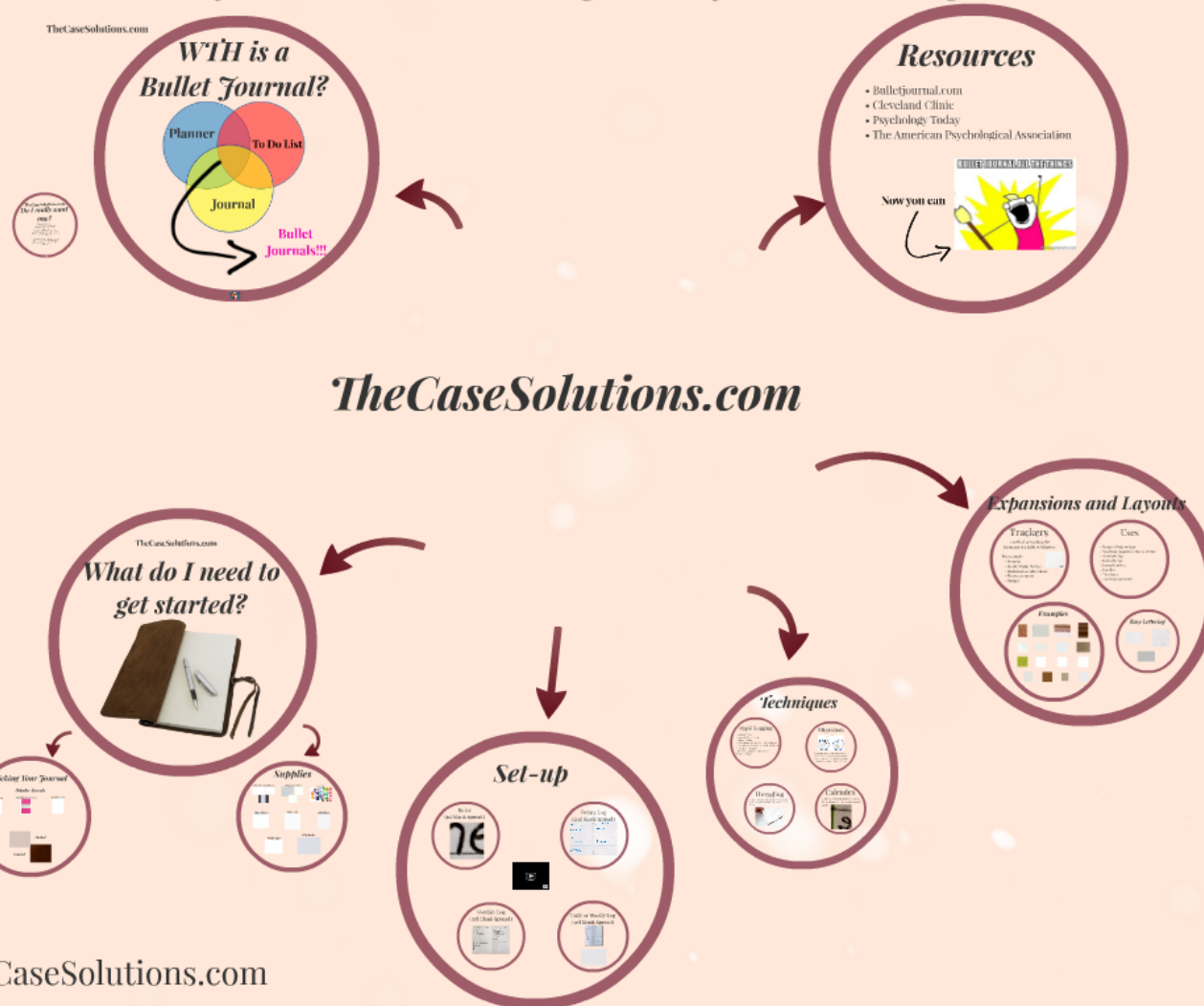


Project Bullet: Educating Charly Huber-Haag



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WTH is a Bullet Journal?



Bullet Journals!!!



Resources

- Bulletjournal.com
- Cleveland Clinic
- Psychology Today
- The American Psychological Association

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What do I need to get started?



Picking Your Journal



Supplies



Set-up



Expansions and Layouts

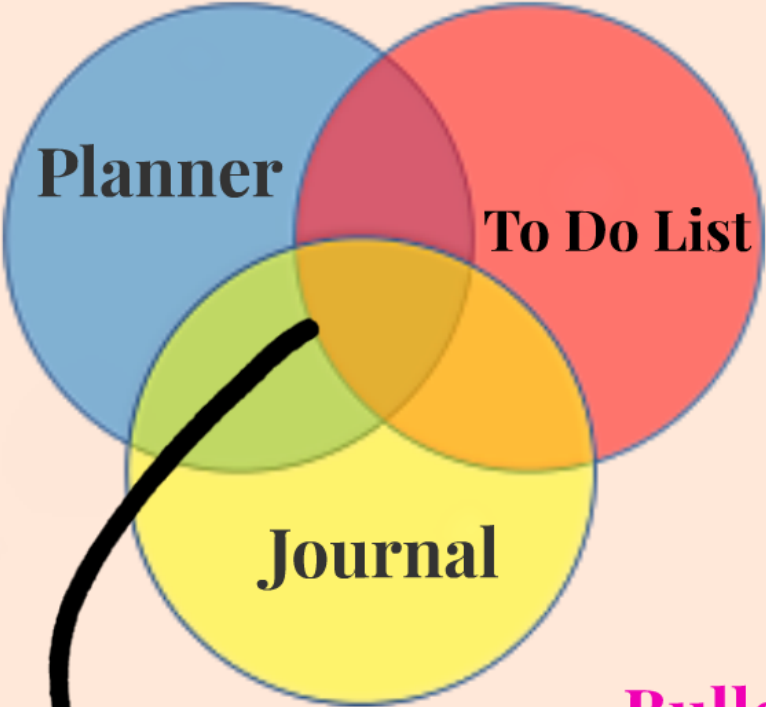


Techniques



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WTH is a Bullet Journal?



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Journaling and Art Therapy

If the act of journaling leads to greater understanding and behavior change in your interactions with others, then it will also lead to a healthier well-being.

Art therapy has been shown to reduce stress in individuals because it takes attention away from the self and onto the present moment event to relax the brain.



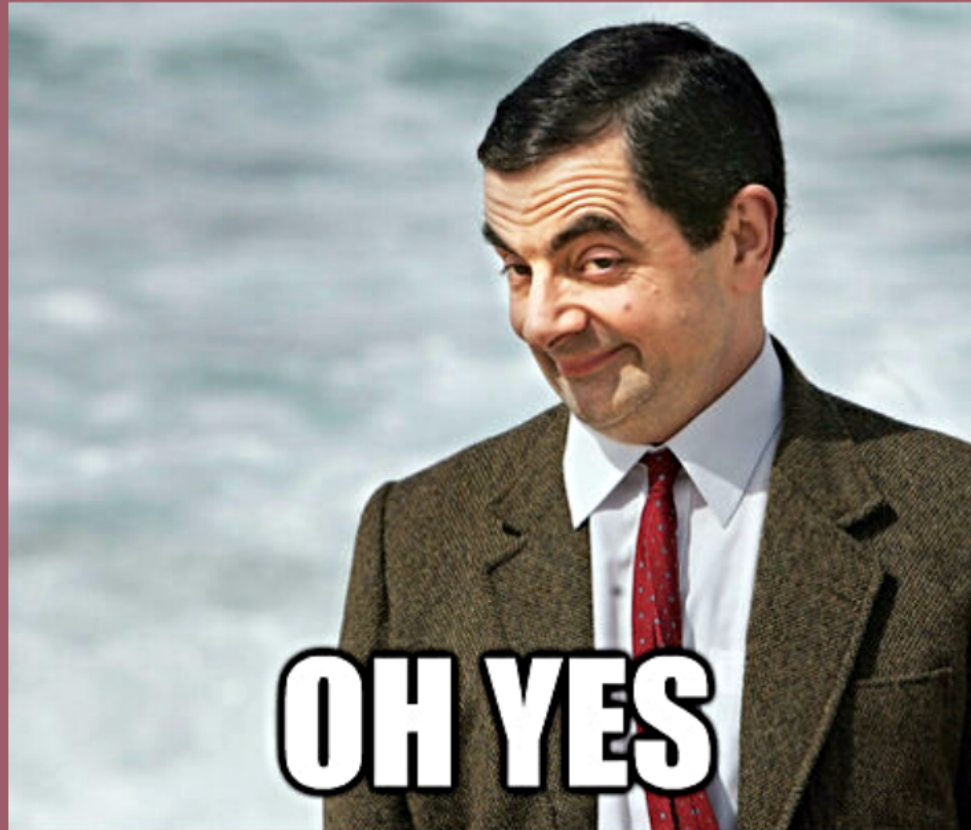
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