



**Building Healthy
Communities**

mhpsalud.org

SUPPORTING THE MIND: JOURNALING AND EMOTIONAL HEALING



OUR PURPOSE

MHP Salud embraces the strengths of our communities to empower more individuals and families to live full, healthy lives.

Deeply embedded in the communities we serve, MHP Salud works to develop trust among our neighbors, understanding that it's up to all of us to create a strong, healthy foundation for today ... and tomorrow. Leading the Community Health Worker (CHW) model, we believe in serving communities in which we live, work and play and we believe stronger tomorrows come through stronger collaboration.

When we come together to share education, resources, and support, we can remove the barriers threatening to interfere with health, well-being, and joy

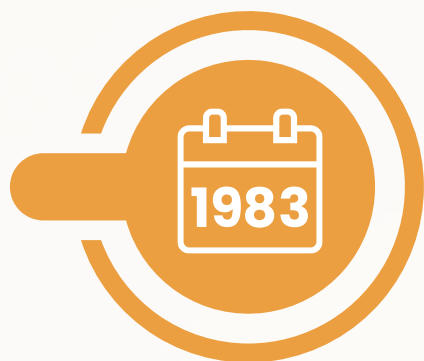
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OUR LEGACY

OUR IMPACT

Founded by Catholic sisters in Michigan to increase health care access for migrant farmworkers.



Began expanding to serve the Rio Grande Valley, reaching underserved individuals and families in isolated border communities and colonias.



Began evolving and growing to meet community needs, offering additional services to help older adults and families.



Launched national training and technical assistance to support health centers, community-based organizations and others, strengthening and growing the CHW profession while improving care to the underserved.



Expanded into Florida and developed the state's first certified CHW certification and apprenticeship program, training and equipping the next generation of CHWs to serve our communities.



123,000
individuals reached annually



7,000+
participants find hope and access to mental health and healthcare, nutrition, parenting education and support, older adult well-being and connections, *and more.*



50+
training and technical assistance sessions impacted hundreds of health centers and organizations



Nearly **100**
Community Health Workers trained through the certification and apprenticeship program

A Four-Session Small Group Training

Tues, 3/12/2026

Session 1:

Understanding
Screening Gaps:
Identifying Barriers
and Best Practices

Tues, 3/26/2026

Session 2:

Supporting the Body:
Cancer Pain
Management and
Integrative Care

Tues, 4/9/2026

Session 3:

Supporting the Self:
Whole Person Self-Care
for Patients

Tues, 4/23/2026

Session 4:

Supporting the Mind:
Journaling and
Emotional Healing



**YOU ARE
HERE**

Small Group Training Expectations

Attendance:

- We kindly ask that you attend all four sessions.
- If you can't make it, please invite a colleague from your health center to join in your place, as it's important that everyone has a voice.

Engagement:

- Be present and engage actively; your insight matters!
- Please keep your cameras on to foster a sense of connection.
- Feel free to ask questions and participate through chat, by raising your hand, or unmuting to share your thoughts.
- Let's respect and support one another throughout our discussions.

Thank you for being a part of this small group learning experience!

Facilitators



Kyraneshia Coleman,

MPA, CCPI

Program Director



Monica Calderon,

LMSW, CCHW/I

Health Strategy Specialist

Objectives

By the end of this session,
participants will be able to:



Understand how journaling can support emotional healing during cancer care



Identify ways therapeutic writing can help patients process difficult emotions



Use Spanish-language journaling resources with patients



Support patients in exploring reflective writing exercises

Dinamica Time



Think of a stressor that you're carrying today.

Drop an emoji in the chat to describe how you're feeling about it right now.



Supporting the Mind

A cancer diagnosis can affect emotional and mental well-being.

Patients may experience:

- Fear and uncertainty
- Stress or anxiety
- Changes in identity
- Feelings of loss or frustration

Supporting the mind means helping patients process these emotions in healthy ways.



Emotional Healing During Cancer

Emotional stress during cancer treatment is common.

Patients may struggle with:

- Changes to daily life and routines
- Concerns about the future
- Physical and emotional fatigue
- Adjusting to a new sense of identity

Tools like journaling can help patients explore and process these experiences.





The CHW Role in Emotional Support

CHWs support patients by:

- Creating safe spaces for patients to share their experiences
- Listening without judgment
- Offering tools that support emotional reflection
- Encouraging patients to express their thoughts and feelings

Even small opportunities for reflection can support emotional healing.

Why Spanish- Language Resources Matter

Many patients feel more comfortable receiving health information in their preferred language.

Accessible resources help patients:

- Reflect in their preferred language
- Express thoughts and feelings more freely
- Share experiences with family members and caregivers



Expanding Access Through Partnership

To address this need, MHP Salud partnered with the Healing Works Foundation to expand access to cancer care resources for Spanish-speaking communities.

Through this partnership:

- Cancer care resources are translated into Spanish
- Materials are reviewed to reflect the experiences and needs of the communities served
- Resources are shared with Community Health Workers and health centers

These efforts help ensure that patients and families have trusted, understandable information during the cancer journey.



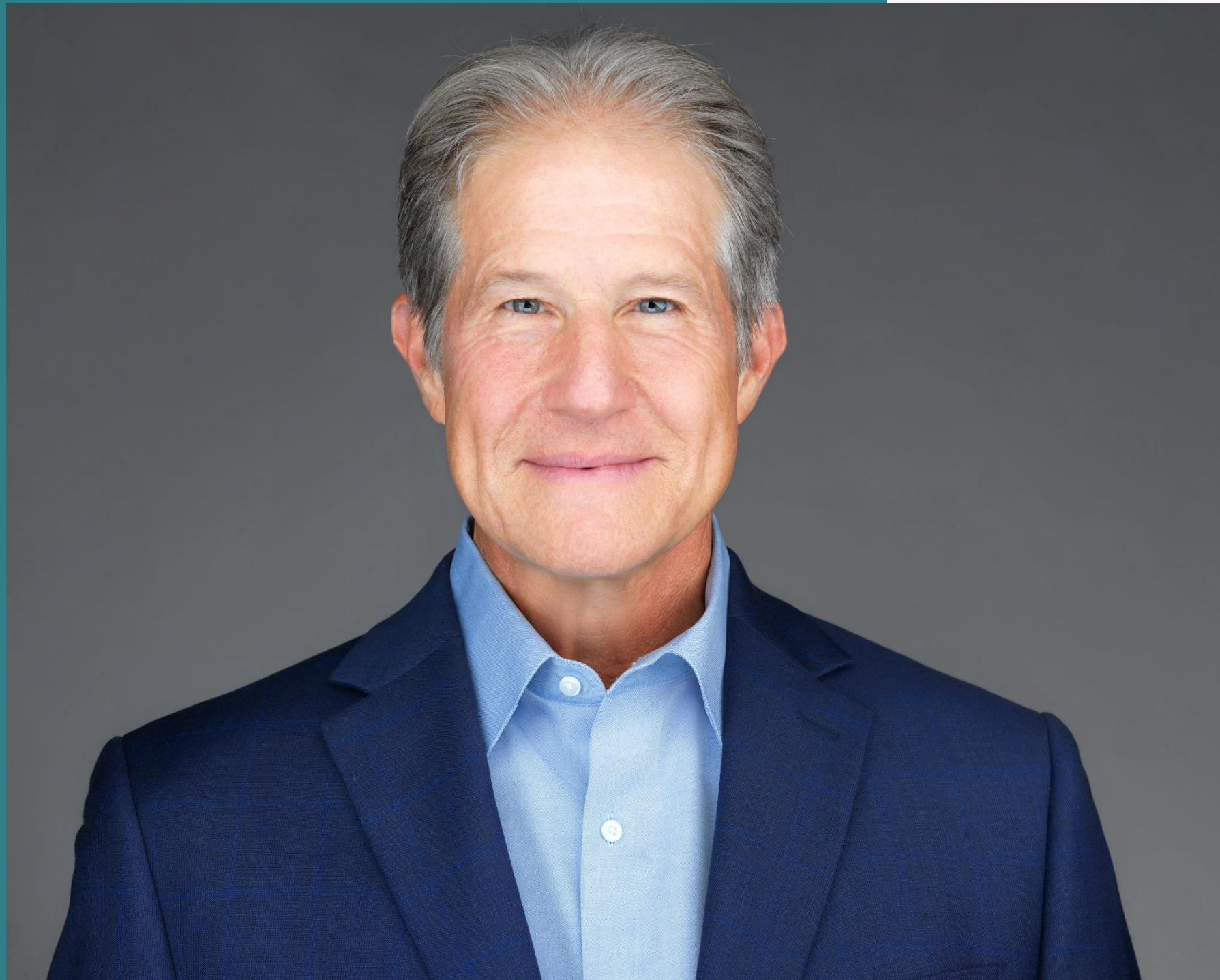
Healing Works Foundation Approach to Holistic (Integrative) Cancer Care

Core Principles:

- Whole-person care: *physical, emotional, social, spiritual*
- Evidence-informed, safe practices
- Patient-directed, personalized care plans
- Integrated with conventional medicine
- Focus on quality of life & symptom relief

Examples of Therapies:

- Mind-body: *meditation, guided imagery, relaxation*
- Body-based: *massage, yoga, acupuncture*
- Nutrition & supplements (safety first)
- Functional/natural medicine



GUEST SPEAKER

Wayne Jonas, MD

President

Healing Works Foundation

What is Whole Person Care?

1

PERSON-CENTERED

Finding out “**What Matters**” most for the patient - engagement

2

HOLISTIC

Exploring needs in all dimensions of a person

3

SALUTOGENIC

Supplying services that support health and wellbeing creation

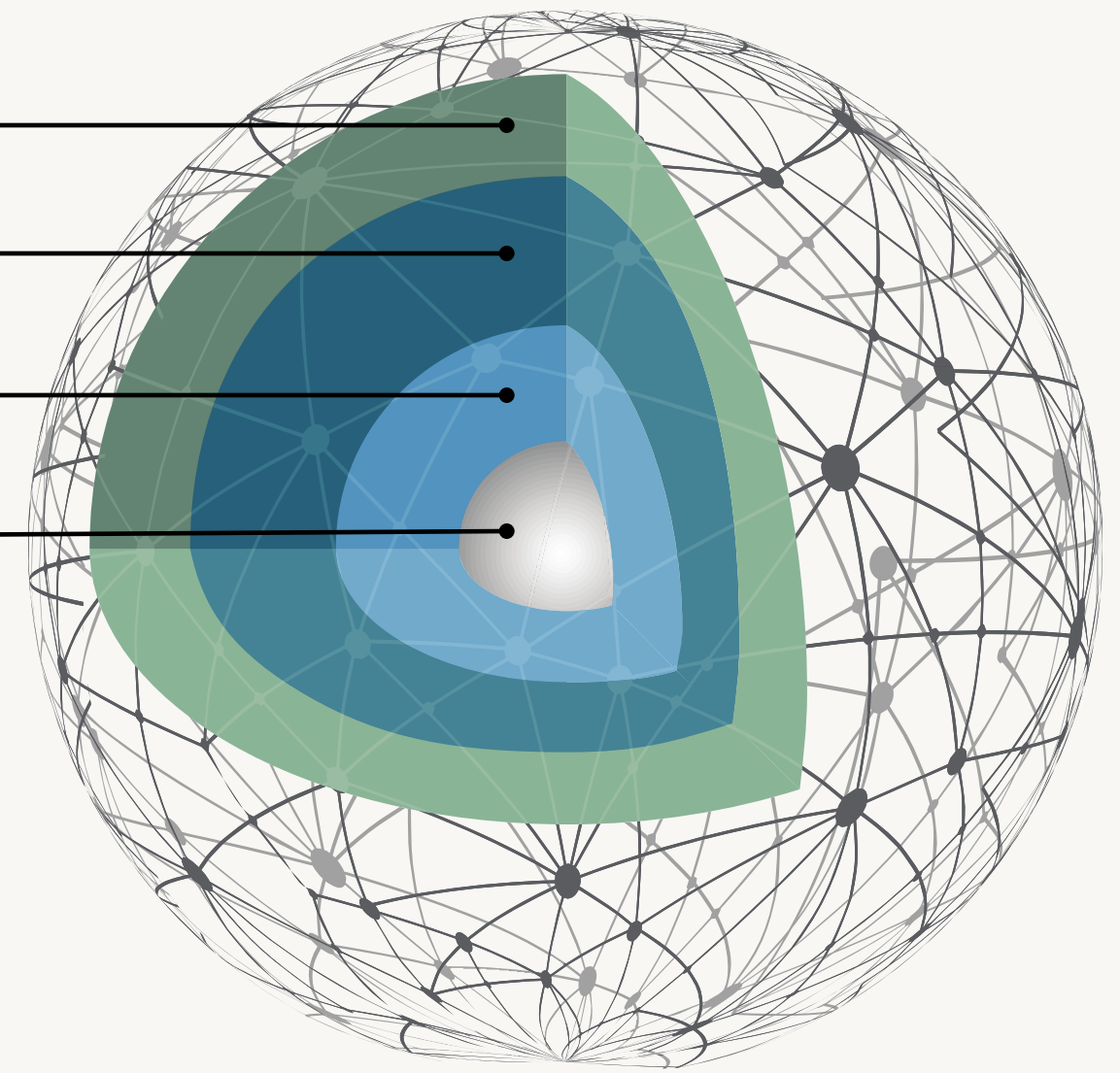
Body & External

Behavior & Lifestyle

Social & Emotional

Spiritual & Mental

16



Featured Resource

 **CÁNCER:**
El uso de la escritura terapéutica para gestionar los problemas durante y después del tratamiento, en torno a la tolerancia al malestar físico y emocional, la identidad y los cambios de prioridades

UNA HERRAMIENTA PARA PACIENTES

mhpsalud.org

Guía de Escritura Terapéutica para Pacientes con Cáncer

This Spanish-language journaling guide provides structured prompts that help patients:

- Reflect on their experiences
- Process difficult emotions
- Explore identity and life changes during treatment

Therapeutic writing focuses on the process of reflection, not the quality of writing.



How Therapeutic Writing Helps



Research shows that therapeutic writing can support emotional and physical well-being during cancer treatment.

Writing may help patients:

- Reduce stress, anxiety, and feelings of depression
- Process uncertainty and difficult emotions
- Manage overwhelming thoughts and fears
- Improve sleep and reduce physical symptoms of stress

- Therapeutic journaling **focuses on reflection and emotional processing**, *not writing skill*
- The most important part is simply taking time to write and explore personal experiences

Writing Prompt Example #1



Identity and Cancer

Cancer can sometimes take over how a person sees themselves.

One prompt invites patients to list five other things that define who they are, such as:

- Roles (parent, friend, caregiver)
- Personal strengths
- Important relationships
- Meaningful experiences

This exercise helps patients reconnect with their full identity beyond the diagnosis.



Writing Prompt Example #2



Loss and Growth

Another prompt asks patients to reflect on:

- What they feel they may have lost during their cancer journey
- What parts of their life remain unchanged
- What they may have gained through the experience

This reflection can help patients explore resilience and personal growth



Writing Prompt Example #3



Letter to Yourself

Patients may write a letter to a past version of themselves:

- Before diagnosis
- Early in treatment

This exercise can help patients:

- Recognize personal growth
- Express compassion toward themselves
- Reflect on how their perspective has changed.



Additional Writing Prompts in the Guide



The journaling guide includes many additional prompts, such as:

- Expectations vs. reality during treatment
- Expressing strong emotions through physical sensations
- Reflecting on changing priorities
- Imagining a safe and peaceful place
- Exploring self-forgiveness and compassion

Patients can explore the prompts that feel most meaningful to them.



How CHWs Can Use This Resource

Community Health Workers can use the journaling guide to:

- Introduce reflective writing as a self-care tool
- Encourage patients to explore prompts at their own pace
- Support emotional expression during difficult moments
- Help patients feel seen and supported

Not every patient will want to write — but for some, it can be a powerful tool.

Try It: A Short Journaling Exercise

Let's take a few minutes to experience therapeutic writing.

Take 2–3 minutes to write in response to this prompt:

List three things that define who you are outside of your work or daily responsibilities.

You might think about:

- *Personal strengths*
- *Important relationships*
- *Meaningful experiences*
- *Things that bring you joy*



Write whatever comes to mind — *there are no right or wrong answers.*

Reflection

If you are comfortable sharing:

- What was it like to take a moment to reflect and write?
- Did anything surprise you during the exercise?
- How might a tool like this support patients experiencing cancer?



Key Takeaways



- Emotional well-being is an important part of cancer care
- Journaling can help patients process emotions and experiences
- Spanish-language resources support meaningful reflection
- CHWs can help patients access tools that support emotional healing



Questions?

Free Resources for CHWs and Health Centers

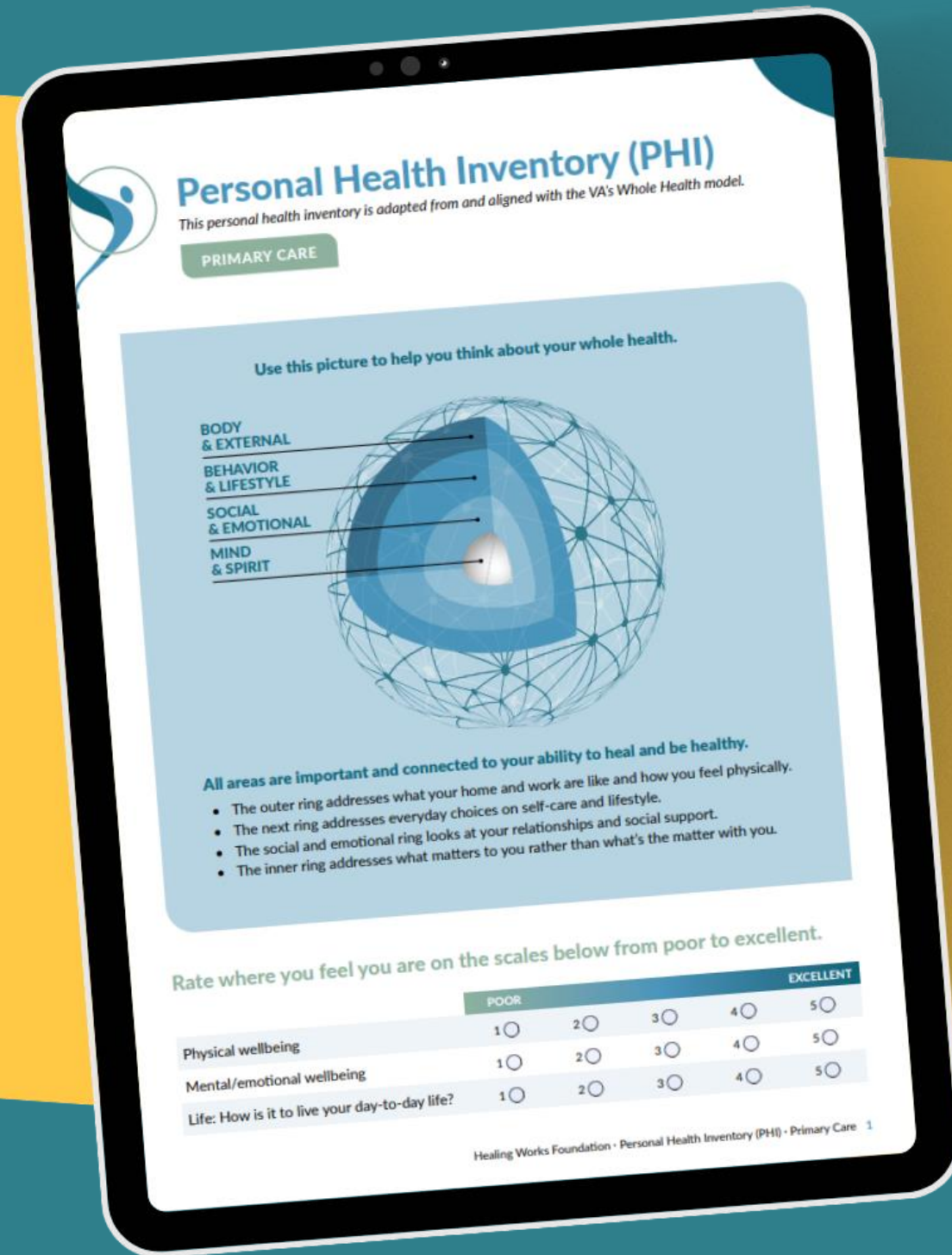
mhspalud.org/free-resources/



Additional cancer care resources in partnership with Healing Works & more...



Download the Personal Health Inventory (PHI) from Healing Works!



SCAN ME



HRSA NTTAP

MHP Salud is a HRSA-funded National Training & Technical Assistance Partner (NTTAP).

Through this work, MHP Salud provides training and technical assistance to FQHCs and look-alike programs to build or enhance Community Health Worker (CHW) programs to better serve agricultural workers.

A HRSA Health Center Resource Clearinghouse.

For training or technical assistance, please contact: nttap@mhpsalud.org

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Thank you!

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