“Writing is medicine. It is an appropriate antidote to injury. It is an appropriate companion for any difficult change.”

– Julia Cameron.

For many, writing is therapeutic. Writing can come in many forms with journaling being the most familiar. Journaling is a form of writing that helps keep a record of your personal insights, reflections, ideas, feelings, and experiences. Your journal can be whatever you want it to be. It can be a letter to yourself or someone else, a summary of your day, or a record of your feelings, hopes, and fears. There are several methods to journaling, which makes it easy to adopt this practice. You can journal using traditional pen and paper, your computer, an online blog, pictures, or a mobile app. Journal entries are private unless you intentionally share them, therefore you can freely express your thoughts and feelings without worrying about what others think.

Research has found that journaling may reduce anxiety, improve sleep, regulate your mood, relieve depression, and combat stress. There is also evidence that a specific form of journaling called expressive writing can improve aspects of immune function. Enhancing multiple aspects of quality of life and immune function is helpful to those undergoing medical treatment. Anyone can journal.

You do not need to be an experienced writer to express your thoughts or feelings. You do not need to spell correctly. You do not even need good grammar. There is no “right” or “wrong” way to journal. The best way to journal is to “just do it.”

If you want to explore and experience the benefits of journaling, you are invited to participate in Journeys: Journaling Workshop. Journeys will be held virtually, twice a month on Friday, from 1 to 2 PM, CT. The workshop is available for patients and caregivers and is led by a Health Education Specialist from The Learning Center. Each 1-hour class uses writing prompts to explore different journaling techniques. These techniques help to clarify thoughts as well as to promote meditation, stress relief, and self-expression. At the end of each writing session, participants are given an opportunity to volunteer to share and discuss. Journeys: Journaling Workshop does not require a referral. Please contact the Integrative Medicine Center to register for Journeys.
Integrative Oncology Consultation
Our physicians can give guidance on achieving a comprehensive and integrative approach to your cancer care via MyChart/Epic Zoom.

Exercise/Physical Activity Consultation
A senior physical therapist provides recommendations on achieving safe and optimal exercise during each consultation via MyChart/Epic Zoom.

Oncology Acupuncture Treatment
Acupuncture is a safe and often effective medical treatment that can be used to manage side effects from cancer and related treatments, including nausea and vomiting, pain, neuropathy, hot flashes, fatigue and dry mouth.

Oncology Massage Treatment
Oncology massage may help patients address anxiety, relieve pain, decrease fatigue and improve sleep quality. Cost: $55 per treatment.

Health Psychology Consultation
A licensed clinical psychologist will provide both evaluation and interventions to help with lifestyle change and address symptoms of stress, anxiety and depression via MyChart/Epic Zoom.

Nutrition Consultation
A registered dietitian provides personalized nutrition counseling and education to help patients manage side effects and reach their goals during and after cancer treatment. Education emphasizes a whole food, plant-based diet for optimal health via telephone visit.

Yoga/Meditation Consultation
Yoga/meditation lowers stress, depression, and anxiety, improves sleep, memory, physical functioning, and overall quality of life, as well as increasing spiritual well-being. A yoga/meditation therapist would provide interventions via MyChart/Epic Zoom. Cost: $50 per session.

Music Therapy
Individual music therapy is provided by a board-certified music therapist (MT-BC) and involves engaging in music interactively in a variety of ways, with outcomes including anxiety reduction, fostered well-being and exploring ways of reconnecting to music for daily quality of life. Cost: $50 per session.

View audio and video resources online:
www.mdanderson.org/integrativemedcenter

Prices for IMC services may be subject to change depending on insurance coverage.

How to Register for our virtual classes:
1. Call Integrative Medicine Center at 713-794-4700
2. All classes are free
3. Complete e-update *liability waiver and telemedicine consent in MyChart at least 48 hours prior to scheduled class

Class Descriptions:

Tai Chi - Find balance and strength through continuous flowing movements that link mind to body.
Qigong - Experience this ancient Chinese system of self-care using meditation, breathing, and movement.
Yoga for Health - Features a gentle form of yoga including stretching, breathing, relaxation, and meditation techniques.
Connect & Reflect with Music - An interactive and supportive music group, led by a Board-Certified Music Therapist, using music engagement and conversation to enhance well-being and encourage connectedness. No music experience is required.
Collage Studio - Offers the chance to play with color, shape, and composition while making personalized collages. In the Collage Studio, we’ll be cutting, tearing, and gluing a variety of papers to create new images. Chance and surprise are the key ingredients.
Journaling Workshop - Journal writing can be a form of meditation, stress relief, and self-expression. Journeys is a guided journaling workshop for patients and caregivers to practice creativity and express themselves in a safe space.

Chili Roasted Sweet Potatoes
By Karla Crawford
Cooking time: about 20-25 minutes
Serves: 4-6

Ingredients:
- 2 sweet potatoes, cut into 1” cubes
- 1-2 Tbsp coconut oil, melted
- 2 Tbsp chili powder
- 1-2 pinches cayenne (optional but very good!)
- 1 tsp sea salt

Instructions:
1. Set oven to 425 degrees F
2. Place cubed sweet potatoes in mixing bowl
3. In a separate small bowl, mix melted coconut oil with chili powder and cayenne
4. Pour liquid mixture over sweet potatoes and mix well until well coated
5. Layout onto cookie sheet and sprinkle with sea salt
6. Roast in oven for 20-25 minutes until crisp and cooked throughout

Chill Roasted Sweet Potatoes

May 2021

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<th>Monday</th>
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<td>Yoga for Health 10:30–11:30</td>
<td>Cooking for Optimal Health Noon – 1:00 (2nd Tues)</td>
<td>Yoga for Health 10:30–11:30</td>
<td>Tai Chi 11:00–Noon Connect &amp; Reflect with Music 1:30–2:30</td>
<td>Yoga for Health 10:30–11:30 Journaling Workshop 1:00–2:00 (1st &amp; 3rd Fri)</td>
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<td>Qigong 11:00–Noon Connect &amp; Reflect with Music 1:30–2:30</td>
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Journaling Workshop 1:00-2:00 (1st & 3rd Fri)