

# PuzzlesnPix

Leisure time puzzles, colouring pictures and journals for all ages. Enjoy your leisure time, relax, reduce anxiety and let kids improve their fine muscle skills.

**Puzzles keep your brain active. Colouring allows you to focus and relax, reducing anxiety. For children, colouring enables them to master fine muscle movements.**

Newsletter 5 - Journals

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## Journaling / Journalling

Writing in a journal can contribute to mental, emotional, and even physical well-being.

### **Emotional well-being**

Journaling provides a safe outlet for expressing emotions, especially during stressful or traumatic times. It can help people understand and process their emotions, and become more self-aware.

### **Stress Reduction**

Expressing thoughts and feelings on paper can reduce the intensity of stress and anxiety. Journaling encourages mindfulness and being present in the moment, which can be calming and centering.

### **Positive Thinking**

Journaling can help shift negative thought patterns and encourage more positive thinking through practices like gratitude journaling.

### **Check out these articles:**

[journaling for anxiety](#) - and this article showing that colouring and doodling help with journalling.

### **Bullet Journals**

Bullet journals were designed to help you become more productive



### **Guided journaling**

This is a structured form of journaling where you use prompts, questions, or specific exercises to direct your writing. This helps you focus on particular topics, explore specific emotions, or achieve certain goals. For instance, you may have a gratitude journal or one on self-reflection or goal setting.

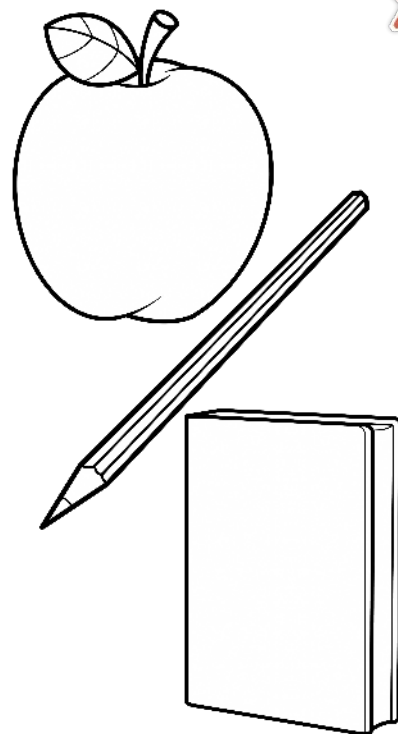
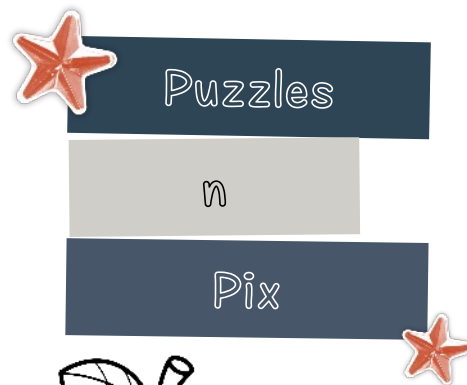
### **Questions**

These could include prompts like "What are 3 things you're grateful for?" Or "How did you handle a recent challenge?"

### Free Writing

Free writing is where you write continuously for a while without worrying about spelling, grammar, or topic. The idea is to unleash emotions, thoughts and ideas without using writing rules. This lets the subconscious express itself freely. This can help overcome writer's block, stimulate creativity, and clarify thoughts. With free writing, you can often uncover hidden emotions, insights, and ideas that might otherwise remain buried under the pressure of structured writing. It is widely used in both educational settings and creative writing workshops to foster uninhibited expression and innovation. You can use it to release emotion or write out scientific or artistic ideas, for example. A great book for finding out about this is "Writing With Power" by Peter Elbow. Really interesting and helpful book, easily read but useful for anything from understanding your emotions, to writing your doctoral thesis.

Try some Free Writing below



Get a patterned coloring journal to use for your free-writing here.

**Links on these pages are affiliate links. We receive a small commission, at no cost to you if you buy something through the link.**

Puzzles, colouring pages and journals by Meg Learner are all available from Amazon and can be bought in the UK or the US. They will also be available in other country versions of Amazon, however, most of the books are in English.

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# Wordsearches

A	U	P	R	W	H	Q	Y	I	V	E	H	N	H	U	O	Q	O	L	U
N	M	P	P	I	G	F	Z	N	L	Y	Z	D	J	P	L	P	G	V	T
T	E	F	R	F	V	X	H	B	O	U	U	I	N	E	U	K	K	B	G
A	R	W	O	A	Y	O	I	U	I	M	U	V	W	T	J	Y	Q	H	P
M	A	A	D	C	G	G	L	B	R	F	H	I	S	V	K	D	P	Q	J
O	T	A	U	I	E	G	U	O	W	Y	Q	S	U	R	V	E	Y	O	R
U	I	E	C	L	S	V	E	T	U	Q	A	I	F	B	C	Q	J	M	U
N	O	P	T	E	Q	T	S	N	N	S	T	B	W	Y	C	O	Q	C	H
T	N	I	I	M	L	I	I	F	Z	A	L	L	H	L	M	K	H	Q	A
M	E	E	V	I	E	A	R	L	U	A	T	E	I	T	H	C	C	S	C
H	O	Q	E	N	I	R	U	T	L	X	T	R	J	A	N	E	E	H	G
X	S	J	T	E	X	J	Q	K	M	A	B	O	M	I	N	A	T	E	I
R	A	M	S	N	X	J	P	I	R	E	T	C	Y	C	L	O	I	D	W
Q	H	I	S	C	L	H	N	E	Q	Q	H	I	V	P	A	M	J	K	S
Y	E	X	X	E	G	W	D	J	C	S	K	Y	O	M	R	X	V	Z	L
P	Q	J	R	I	Q	E	V	Z	U	E	M	C	Z	N	Z	I	M	Q	R
E	H	Y	K	K	F	Z	P	S	W	P	E	Y	K	A	P	P	W	T	A
A	Q	O	B	Y	M	R	X	Z	S	L	Q	Z	B	G	R	R	M	F	F
K	B	P	U	N	G	E	N	T	P	T	G	V	V	U	L	M	K	C	P

ABOMINATE	LEGIBLE	PRODUCTIVE
PUNGENT	CYCLOID	TANTAMOUNT
DISTILLATION	FEDERATE	INDIVISIBLE
SURVEYOR	FRIVOLOUS	NUMERATION

Downloadable puzzle sheets can also be found on Etsy.com. Check out my shop, MythsoftimeArt for bookmarks, a downloadable, printable end-of-life journal, peculiar coloring pages and puzzles, as well as Christmas mugs.

### Disclaimer

This newsletter does not provide advice on health, finance or anything else. It is of an educational nature only. If you need help or advice on any of the subjects covered, please consult your own professional advisers.



Birds #1

Answers next page

S	C	Q	N	A	X	D	U	T	M	Y	V
H	U	M	M	I	N	G	B	I	R	D	G
S	P	A	R	R	O	T	E	A	Q	B	X
Z	X	C	E	J	F	X	C	P	Y	J	T
E	K	U	Y	S	P	Z	E	C	V	X	B
I	E	A	G	Q	B	H	C	K	N	Z	Y
E	X	R	O	W	L	Q	U	T	Q	F	Y
E	K	I	N	G	F	I	S	H	E	R	K
A	F	Z	S	S	E	A	B	I	R	D	B
K	M	C	Q	W	V	R	B	N	F	Q	R
E	L	A	L	B	A	T	R	O	S	S	F
U	T	P	S	F	H	E	G	P	L	N	C

ALBATROSS  
KINGFISHER  
PARROT

HUMMINGBIRD  
OWL  
SEABIRD



## Joke spot!

Knock, knock.  
Who's there?  
Alpaca.  
Alpaca who?  
Alpaca the suitcase  
if you pack the car!



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Facebook Group USA

<https://www.facebook.com/share/sShFS3qfdjH962Yc/>

Facebook Group UK

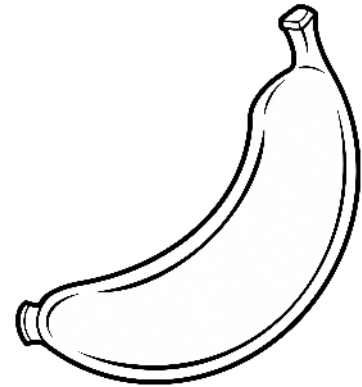
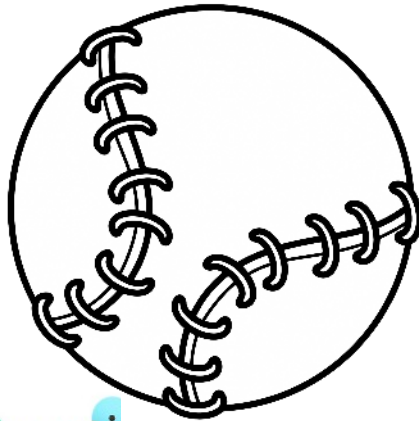
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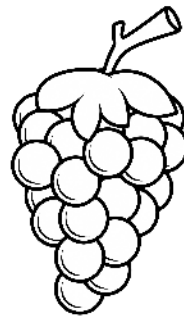


Check out [www.coloringdiary.com](http://www.coloringdiary.com) for articles and freebies for puzzles and pix



Birds #1 - Solution

S	C	Q	N	A	X	D	U	T	M	Y	V
H	U	M	M	I	N	G	B	I	R	D	G
S	P	A	R	R	O	T	E	A	Q	B	X
Z	X	C	E	J	F	X	C	P	Y	J	T
E	K	U	Y	S	P	Z	E	C	V	X	B
I	E	A	G	Q	B	H	C	K	N	Z	Y
E	X	R	O	W	L	Q	U	T	Q	F	Y
E	K	I	N	G	F	I	S	H	E	R	K
A	F	Z	S	S	E	A	B	I	R	D	B
K	M	C	Q	W	V	R	B	N	F	Q	R
E	L	A	L	B	A	T	R	O	S	S	F
U	T	P	S	F	H	E	G	P	L	N	C



Wordsearch  
Solutions

Find Meg Learner's books here in the UK

And find Meg Learner's books here in the US.

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OK, sometimes I miss a week! I like my privacy as much as you. Your email address is NEVER sold or rented.

T	N	F	B	P	H	J	N	U	T	F	I	O	V	Z	T	A	R	Q	
A	U	P	R	W	H	Q	Y	I	V	E	H	N	H	U	O	Q	O	L	U
N	M	P	P	I	G	F	Z	N	L	Y	Z	D	J	P	L	P	G	V	T
T	E	F	R	F	V	X	H	B	O	U	I	N	E	U	K	K	B	G	
A	R	W	O	A	Y	O	I	U	I	M	U	V	W	T	J	Y	Q	H	P
M	A	A	D	C	G	G	L	B	R	F	H	I	S	V	K	D	P	Q	J
O	T	A	U	I	E	G	U	O	W	Y	Q	S	U	R	V	E	Y	O	R
U	I	E	C	L	S	V	E	T	U	Q	A	I	F	B	C	Q	J	M	U
N	O	P	T	E	Q	T	S	N	N	S	T	B	W	Y	C	O	Q	C	H
T	N	I	I	M	L	I	I	F	Z	A	L	L	H	L	M	K	H	Q	A
M	E	E	V	I	E	A	R	L	U	A	T	E	I	T	H	C	C	S	C
H	O	Q	E	N	I	R	U	T	L	X	T	R	J	A	N	E	E	H	G
X	S	J	T	E	X	J	Q	K	M	A	B	O	M	I	N	A	T	E	I
R	A	M	S	N	X	J	P	I	R	E	T	C	Y	C	L	O	I	D	W
Q	H	I	S	C	L	H	N	E	Q	Q	H	I	V	P	A	M	J	K	S
Y	E	X	X	E	G	W	D	J	C	S	K	Y	O	M	R	X	V	Z	L
P	Q	J	R	I	Q	E	V	Z	U	E	M	C	Z	N	Z	I	M	Q	R
E	H	Y	K	K	F	Z	P	S	W	P	E	Y	K	A	P	P	W	T	A
A	Q	O	B	Y	M	R	X	Z	S	L	Q	Z	B	G	R	R	M	F	F
K	B	P	U	N	G	E	N	T	P	T	G	V	V	U	L	M	K	C	P