

The Journey Journal



January 2026 Edition



Tips for Creating a Peaceful Environment

To create a peaceful hospice environment focus on a calm, personalized space that focuses on open conversation and support ensuring that the patient's dignity and autonomy remain central to care.

Physical Environment

- ◆ **Lighting:** Use soft, warm, indirect lighting; natural light is great, but avoid harsh glare.
- ◆ **Sound:** Play calming music, nature sounds, or use a white noise machine; reduce loud noises.
- ◆ **Clutter:** Keep the space tidy and organized to reduce anxiety.
- ◆ **Temperature:** Keep the room at a comfortable, stable temperature.
- ◆ **Nature:** Bring in plants, flowers, or allow a view of the outdoors.



Personal Touches and Comfort

- ◆ **Familiar Items:** Decorate with photos, favorite blankets, books, or meaningful keepsakes.
- ◆ **Comfort:** Ensure soft bedding and pillows; offer gentle massage or hand-holding.
- ◆ **Scents:** Use gentle aromatherapy like lavender or chamomile.
- ◆ **Accessibility:** Make essential items (water, tissues, call button) easily reachable.



Emotional and Spiritual Support

- ◆ **Presence:** Be fully present; listen actively without judgment.
- ◆ **Communication:** Allow them to lead conversations about memories, fears, or wishes; share stories.
- ◆ **Spiritual Care:** Facilitate visits from spiritual leaders or provide uplifting texts, if desired.
- ◆ **Connection:** Encourage family/friend visits or video calls; sometimes even background “normal” household sounds are welcome.



Dignity and Autonomy

- ◆ **Involvement:** Include the patient in decisions about their care and environment.
- ◆ **Privacy:** Use screens or partitions for quiet reflection.
- ◆ **Purpose:** Engage them in meaningful activities, like listening to music or looking at photos.



Pray With Us

Christian Prayer for Peace

Peace go with you.
God's quiet within the noise.
God's hope within uncertainty.
God's rest within the toil.
God's presence within your soul.
Peace go with you.



Jewish Prayer: Facing Life Changes

TWENTY*

Facing Life Changes

Help me, O God, to find still moments,
Quiet spaces within to refresh my soul;
Calm my questions, my inner debates,
And let me meditate on Your goodness.

Help me, O God, to nurture my courage,
Recalling moments of strength,
Remembering days of fortitude,
The certainty of Your regard.

Help me, O God, to grasp changed visions,
Filmy curtains to blur my unhappiness
And wrap my tears in radiance,
Your hand upon my face.

Help me, O God, to turn to the light,
Warmed face, fingers outstretched,
Alive, alive in Your sight.

**From "Flames to Heaven: New Psalms for
Healing & Praise"
by Debbie Perlman*



Muslim Prayer for Peace

O God, O our Master!
You Have eternal life and Everlasting peace by your essence and attributes.
The everlasting peace is from you And it returns to you, O our Sustainer!
Grant us the life of True peace and usher us into The abode of peace.
O Glorious and Bounteous One!
You are blessed and sublime.

Anchoring Your Heart:

Letting Emotional Pain and Peace Sit Side-by-Side

The effectiveness of the Anchoring Heart Technique (AHT) begins with the decision to change your relationship with uncomfortable feelings. It requires courage to decide to connect with all the parts of self: good, bad, ugly, beautiful. Making the decision to ABIDE and RECKON with feelings separating you from “you” will decrease fear of emotions you deny and increase your tolerance of discomfort so you can grow into who you are meant to be.

HOW TO ANCHOR THE HEART

- ◆ Anchor your hand(s) firmly and tenderly on your heart and breathe deeply.
- ◆ Feel what you are not wanting to feel (even if only for a few seconds).
- ◆ Be curious about the place inside you that is strong enough to hold your pain without fear.



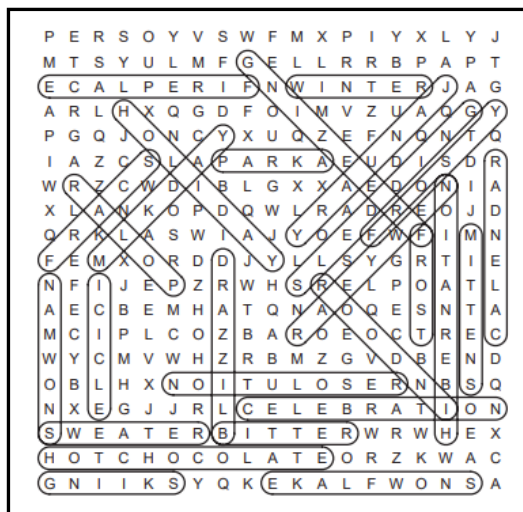
REWIRE YOUR BRAIN

- ◆ Helps you retrain your brain and the synapses in your nervous system to allow emotional pain and hurt to sit side by side with peace instead of fear.
- ◆ Exerts self-compassion when you feel anxious, stressed or helpless.
- ◆ Can be used when you need strength, courage or patience.

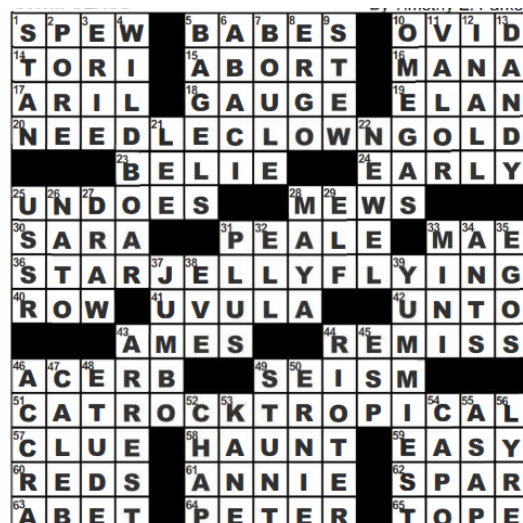
To learn more about Soul Injury and Opus Peace tools visit: www.OpusPeace.org



Word Search Answers



Crossword Solutions



January

BITTER
BLIZZARD
CALENDAR
CELEBRATION
FIREPLACE
FREEZING
FROST
FROSTY
HIBERNATION
HOLIDAY
HOT CHOCOLATE
ICICLE
INDOOR
JANUARY
MITTENS
MLK DAY
NEW YEAR
PARKA
POLAR
RESOLUTION
SCARF
SKIING
SLEDDING
SNOWFLAKE
SNOWMAN
SWEATER
WINTER

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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



Fun Facts About January

- ◆ Added Later: January and February weren't originally in the Roman calendar; they were added later, with January established as the first month by Julius Caesar.
- ◆ Generally, January is the coldest month of the year in the Northern Hemisphere.
- ◆ The equivalent month of January in terms of temperature in the Southern Hemisphere is July.
- ◆ Ancient Anglo-Saxons called January "Wulfmonath." It was the month hungry wolves would come scavenging.

January Coloring Page





January Crossword

ACROSS

- 1) Be volcanic
- 5) People in Toyland
- 10) Prolific Roman love poet
- 14) Spelling of TV
- 15) Cut short, as a flight
- 16) "Give that ___ cigar!"
- 17) Fleшы seed covering
- 18) Word with "tire" or "fuel"
- 19) Flamboyant flair
- 20) School of fish
- 23) Give a false impression of
- 24) Before the deadline
- 25) Annuls
- 28) Catty sounds
- 30) Gilbert of "Roseanne"
- 31) Positive thinker Norman Vincent
- 33) West, the vamp of old Hollywood
- 36) School of fish
- 40) Noisy disturbance
- 41) Throat projection
- 42) Do-others tie
- 43) Iowa State University location
- 44) Doing a lousy job
- 46) Lip-puckering
- 49) Earthshaking event
- 51) School of fish
- 57) Detective's discovery
- 58) Emulate a ghost
- 59) Simple
- 60) National League baseball team
- 61) Daddy Warbucks' charge
- 62) Trade jabs or barbs
- 63) Aid a felon
- 64) Singer Frampton
- 65) Overdo it in a bar

DOWN

- 1) "Make a new plan" guy, according to Paul Simon
- 2) Epidermal opening
- 3) Pennsylvania city
- 4) Tusked beast
- 5) Rolls with holes
- 6) Calculator with no batteries
- 7) Ancient Greek legislature
- 8) Cogito, ___ sum
- 9) Burgoo, for one
- 10) Some fraternity men
- 11) Courage under fire
- 12) Counting everything
- 13) Fine's partner
- 21) Jerry ___ Lewis of music
- 22) Handrail post
- 25) Pre-1991 world power
- 26) Military alliance gp. since 1949
- 27) Sketch
- 28) Poet Angelou
- 29) Santa subordinate
- 31) Added bonus
- 32) Wing of a mansion, sometimes
- 33) Revealing skirt
- 34) Pismires and others
- 35) Bruised or inflated items
- 37) Egg size
- 38) Forbidden-fruit eater
- 39) Most pleasing to the palate
- 43) Police action
- 44) Civil disturbance participant
- 45) Mind reader's specialty, for short
- 46) African coastal capital
- 47) Moses' spy in Canaan
- 48) Piano piece
- 49) Knievel specialty
- 50) Bert's "Sesame Street" buddy
- 52) "Old" British buddy
- 53) Batman co-creator Bob
- 54) It tightens around the neck
- 55) "Now!" to an exec.
- 56) Early stringed instrument

SWIM CLASS

By Timothy E. Parker

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