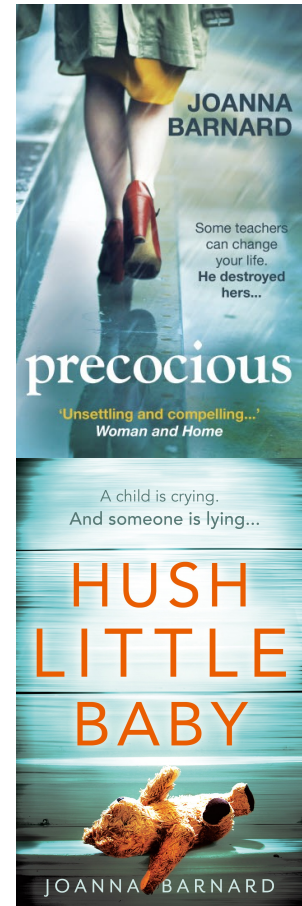
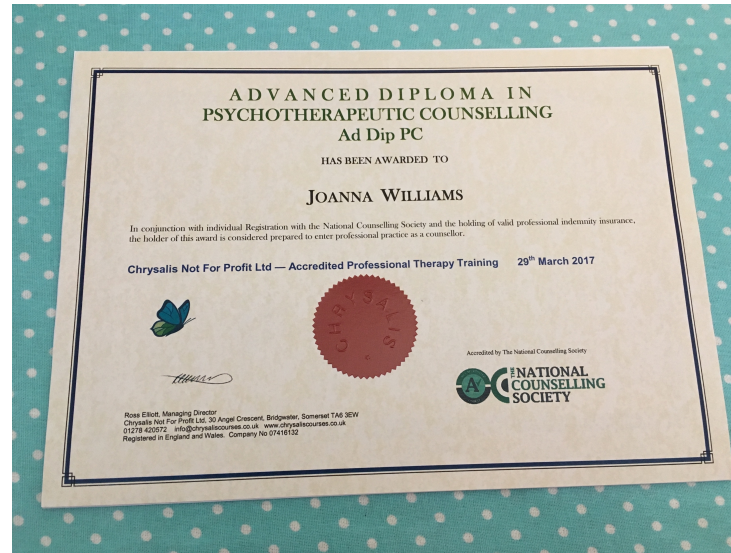




WRITING FOR WELLBEING

ONCE UPON A TIME...



CREATIVITY & WELLBEING

- 300+ studies into expressive writing in therapy
- 2018 APPGAHW (All-Party Parliamentary Group on Arts, Health and Wellbeing) 3 year study = creativity is good for you!
- Writing is accessible, cheap/free, portable, and almost anyone can do it!
- Effects can be cathartic and empowering
- Physiological effects including lower blood pressure, boosted immune system

A close-up photograph of a person's hands writing in a spiral-bound notebook with a pencil. The person is wearing a blue and white striped shirt and a blue wristband. The notebook is open on a wooden desk. In the background, a cup of coffee is visible on the left, and a window with green foliage outside is on the right. A semi-transparent white box with a black border is overlaid on the center of the image, containing the text 'SO WHAT IS WRITING FOR WELLBEING?'.

SO WHAT IS WRITING FOR WELLBEING?

We can use
writing as a tool
for 3 things:

- **Distraction**
- **Contemplation**
- **Self-
development**

...all of which
can aid wellbeing



COMMON BLOCKS

- I'm not good enough
- No-one will like it
- I was rubbish at writing at school
- I feel silly
- I don't have the time
- I shouldn't
- I might lose control



HAVE A TRY...

- Free write for 6 minutes
- Your pen shouldn't leave the paper...even if you can't think what to write, put *I can't think what to write*
- **Start with one (or all) of the following:**
 - **I am...**
 - **I think...**
 - **I want...**
 - **If only...**
 - **What if...**
- Don't use "I" if it's too hard
- If it feels difficult, stop!



- **I am...**
- **I think...**
- **I want...**
- **If only...**
- **What if...**

OTHER WRITING IDEAS

- Journalling / “morning pages”
- Letters – to self, to others
- Creative writing – try short forms eg haiku, flash fiction
- ‘Found’ poetry / jumping-off points
- Collaborative stories / poems
- Alphabet game

FINAL WORD...

“You own everything that happened to you.

Tell your stories.

If people wanted you to write more warmly about them, they should have behaved better.”

- Anne Lamott



Professional Help
Supporting Organisations

*Thanks for
taking part!*

Any questions?