



*Writing*  
for  
wellbeing

# Writing for wellbeing is...

In a nutshell, writing for wellbeing is about using the written word as a tool to support our happiness. Writing can help us to learn about ourselves and the world around us, process our emotions, build confidence, become healthier, and much more.

Being kind to yourself while you write is important. To get the most out of writing for wellbeing, let your words flow without judgement. Also, be sure to check-in with your emotions and your body regularly. Ask yourself: 'What is this emotion trying to tell me?' and 'What does my body want me to know?' Talk to someone you trust if writing ever brings up something that overwhelms you or you're not sure how to handle.

Lots of different approaches and techniques come under the umbrella of writing for wellbeing. This pack offers a selection of short activities that are designed to help boost positivity. Try whichever ones appeal to you - or try them all!

Remember to engage your curiosity and be gentle with yourself.

Happy writing ✨

Kate

# 1. Mindful writing

Mindful writing is great for grounding yourself in the moment and creating a sense of calm. One approach is to use your senses to explore the place you find yourself in. It's a chance to really focus on your surroundings and the experience of being 'here'.

## **Have a go**

Settle yourself somewhere comfortable. Then, using the sentence stem below as your starting point, write about wherever you are. Tune into your senses as you describe your surroundings.

'Here...'

Write for 5 minutes.

# 2. A relaxing place

Being immersed in a beautiful creation within our own minds can offer a welcome opportunity to rest and reset. Here, you are invited to focus your attention on somewhere you can truly relax.

## **Have a go**

Think of a place of total relaxation. It can be anywhere - real or imagined. Describe it in detail, drawing on as many of your senses as you can. Immerse yourself in this space where you can truly relax and unwind.

Write for 5 minutes.

## 3. Gratitude writing

Research has shown that focusing on things we're grateful for can boost our wellbeing. Writing is a wonderful way to harness the power of this approach. Afterwards, if you feel comfortable about doing so, you can share your words with someone else and spread the positivity!

### **Have a go**

Think about something you're grateful for. It could be something quite small and fleeting, or something very central to your life right now. Why do you feel grateful for this thing? Write about it in detail, focusing on your senses as well as your thoughts and emotions.

## A note about reflection...

Reflecting on our words is an important part of the writing-for-wellbeing process. It allows us to draw out insights that might otherwise stay hidden.

### **Have a go**

Look back over your writing... What do you notice about it? Does anything surprise you? What do you feel in your body as you reflect on your words?

Jot down some notes, if you like. You might wish to use these as the starting point for some more writing another time.

# 'Reasons to Write'

**By Heather Shakespeare**

Because finding your pen is the first of many discoveries

Because the page listens day and night

Because writing only replies if you ask it to

Because you are the author of your own story

Because you want to start a new chapter

Because you're holding too much in your head

Because you'd like to understand

Because you need more space

Because you have more answers than you realise.

