

## **Sarah Walko**

### **Meditative Writing:**

Daily writing is an excellent practice to sharpen our writing and storytelling skills, but more importantly, writing or journaling can help us gain control of our emotions and improve our mental health and wellbeing. “One of the ways to deal with any overwhelming emotion is to find a healthy way to express yourself. This makes a journal a helpful tool in managing your mental health” (University of Rochester Medical Center).

By simply taking a few moments in the day to dedicate to a writing practice, we can take ourselves out of the moment at any given time in our lives and center ourselves in creativity to redirect our internal narratives into healthier, more positive directions.

Meditative writing can be done for 2 minutes or 20 minutes, whatever works for you. You can choose to focus on a single prompt that inspires you, or use multiple prompts to help your thoughts flow onto paper. Feel free to put on music, light a candle and make yourself comfortable.

Here are some prompts you can use:

- Write Gratitude List - what are all the things and people and experiences in your life you are grateful for?
- List your surroundings - become very aware of the present moment by listing all of your surroundings including sounds!
- What I did yesterday - recount your whole day and put a star by moments you genuinely appreciated.
- Make a list of things that make you smile.
- Make a list of things and people that make you motivated.
- Make a list of things you'd like to release so they don't weigh on your mind with worry for today.
- Start all of your sentences with “I couldn't imagine living without...”
- Start all of your sentences with “I really wish others knew this about me...”
- If my body could talk, it would say...