Mindful Writing for your Self-Care toolkit

Toby Sinclair
Hello
What is Mindful Writing?
Freefall Writing Technique

- Keep your hand moving.
- Do not pause to reread the line you have just written.
- Do not cross out.
- Even if you write something you didn’t mean to write, leave it.
- Don’t worry about spelling, punctuation, grammar.
- Don’t even care about writing in a straight line or within the margins.
What is Mindful Writing?
mindfulness

/ˈmæɪndfəlnəs/
noun
noun: mindfulness
1. the quality or state of being conscious or aware of something.
   “their mindfulness of the wider cinematic tradition”

2. a mental state achieved by focusing one’s awareness on the present moment, while calmly acknowledging and accepting one’s feelings, thoughts, and bodily sensations, used as a therapeutic technique.
Mindful Writing is writing in the present moment where you are the only reader.
A Daily Exercise
#DESTRESSMONDAY

BREATHE WITH THE SHAPE
Scan your body from head-to-toe and observe how your body feels. Is there a strong physical sensation or emotion present?

Write down your physical and emotional feelings at this present moment.

Try starting each sentence with words such as “I feel”, “I sense”.

Take a breath between each sentence to help you stay mindful.
Debrief

Take a moment to re-read your writing:

- What did you notice?
- How did it feel?
- As you reflect back to the start of the exercise, how do you feel now?
Benefits of Mindful Writing

College students who journaled for 15 to 20 minutes per day for 4 days, compared to students who wrote about time management, had higher GPAs at the end of the year by 0.4 points.

(Farattaroli & Lyubomirsky, 2011)

In individuals who have experienced a traumatic or extremely stressful event, writing can have a significant healing effect. Participants in a study who wrote about their most traumatic experiences for 15 minutes, four days in a row, experienced better health outcomes up to four months later.

(Baikie & Wilhelm, 2005)
Mindful Writing is writing in the present moment where you are the only reader.
OMG this is absolute crap.

Even Shakespeare had an unreasonable inner critic.
Mindful Writing Exercises

1. Examine a difficult relationship
2. Become more present
3. Explore your Identity
4. Relax physical pain
5. Increase emotional awareness

Or go freestyle and use your own exercise/technique!
Mindful Writing is writing in the present moment where you are the only reader.
#DESTRESSMONDAY

BREATHE WITH THE SHAPE

Credit: destressmonday.org
Debrief
Feeling really great this evening. At the start of the week I was still tired and lacking motivation. However this evening I’m feeling great. Some good progress on work items, great discussions with the team and also holiday starts tomorrow (now!). Life is good and I’m particularly happy to have strong friendship ties again since Glastonbury. Nice to keep that communication going. I think the long lunch time break sat in the sun today has helped with my energy levels this evening too! I really find those times at lunch time relaxing and help my overall well being. Something to add to the self care Toolkit/ Habits. Bring on the holiday!
Building a Writing Habit

http://www.growthbundle.com/
Building a Writing Habit

26 Days to Build a Writing Habit

Start with A and move through alphabet each day

Think of a word or phrase that comes to mind. Write for 5 minutes or less

Write at the same time and place every day;

after i have eaten my breakfast (around 8am) every day on my sofa

Prime your environment by making your writing equipment visible.
Different writing techniques

Additional techniques:

- Symbols not words (Liberating Structures)
- Poetry
- Cartoons
- Non-Dominant Hand Writing
- Song Writing
- Dialogue
- Haiku
- Mind Maps
Books that have inspired my writing
Debrief

● What?
  ○ What was covered? What happened? What did you do?
    The facts

● So What?
  ○ What impact did this have on you? How did this shift your perspectives?

● Now What?
  ○ What will you do next? What may change a result?
Write one word or phrase to describe this workshop
Thank You

Please give feedback online