

Writing for health



St Oswald's
Hospice

Have you ever found that 'pouring your heart out' on paper leaves you feeling somehow refreshed? Or do you like to jot down your daily thoughts in a journal, scribble down a poem now and then, or write about your past experiences in memoir form?

No matter what form ... and whether it's "good" or not ... writing really is beneficial for your health, both physically and emotionally.

The following prompts inspired by summer should encourage you to put pen to paper!

Free flow 1

What is your favourite holiday?

Why do you prefer this holiday?

What is meaningful about this holiday for you?

Free flow 2

Sunlight dances on the surface of the water.

Waves roll gently against the shore.

Seagulls soar above, dipping and diving through the sky.

Free Flow 3

There's a big bowl of chilled, fresh summer fruit in the fridge.

It's colourful, juicy and sweet.

