

WE ARE ALL IN THIS TOGETHER

POETRY, CREATIVE WRITING, AND WELL-BEING

WE ARE THE AUTHORS OF OUR LIVES. Writing and listening to poetry and stories are self-expressions that allow us to acknowledge, explore, understand, and accept difficult emotions and their impact on our quality of life. Expressing our thoughts and emotions in a safe space through poetry or stories can be soothing, comforting, stress-relieving, and confidence-boosting while creating meaning for ourselves. In addition, storytelling helps individual and communities unite, heal, and educate towards short-term response and long-term emergency recovery and resilience during disasters.



Creative writing for well-being is an enriching and rewarding self-care way of checking- in our personal narratives, describing our emotions; processing what are messy; and gaining clarity and insight into our motivations and actions to help us write a **new healthier us**. Very insightful articles to read: **What Poetry Means for Doctors and Patients During a Pandemic:** <https://bit.ly/3glhYbD> Sara Harrison, Wired.com and **Recovering the Story: How Arts Contribute to Emergency Recovery and Resilience:** <https://bit.ly/3jb41i5> Amelia Brown, Creative Exchange. *We invite you to be the authors of your lives, to express yourselves, and create stories that come from the soul.*

I AM POEM

- Take a piece of paper and write down these 5 lines with space between each line to create a poem.
 - *I am –*
 - *I am from –*
 - *I feel –*
 - *I love –*
 - *I desire –*
- When finished, share your poem aloud to yourself or share with someone.



LETTER WRITING TIME CAPSULE

- First, pick a date in the future for yourself to write a letter to – it can be a letter to yourself a week, a month, or years from now but be sure to have an exact date. You can also change to which phase of your life to, i.e. to 5-yr old self, 16-yr old self, etc.
- On a piece of paper, write a letter to your future self. Write down some things that talk about your current life situation
 - *What are some wonderful things happening in your life*
 - *What are some current challenges in your life?*
 - *What are some words of wisdom you can offer to your future self/ 5- yr. old self/16-yr old self, etc.?*
- When finished writing, place the letter in an envelope with the date of when to open it and read it.



VIRTUAL LISTENING GALLERY, Wednesdays@ 12 – 12:25 PM. Click [Join Microsoft Teams Meeting](#); 925-391-1667; ID 87264967#

BHS SELF-CARE AND EXPRESSIVE ARTS THERAPY ACTIVITIES: M/W/F, 4-4:30pm: <https://cchealth.zoom.us/j/9258323238>

We care about you. Thank you for all the wonderful things you do here at work. We welcome your Bright Spots, videos, and heartwarming ideas. Please send them to the Covid Wellness Team at CovidWellness@cchealth.org. Team Members: Priscilla Aguirre, Claire Battis, Amanda Dold, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Kimberly Nasrul, Samir Shah, Sonia Sutherland, Arlene Trimble. Expressive Arts Exercises provided by **Art of Health and Healing's Expressive Arts Therapy Program c/o Alan Siegel.**