

CREATIVE JOURNALING FOR HEADSPACE



A Write for your Life guide

If you're a bit overwhelmed and just don't know where to begin, these exercises will give you some headspace, perspective and a little room to breathe. You'll:

- **Get it all out**
- **Get a fresh look at your situation**
- **Focus on what you want**

THE EXERCISES

Free-writing instructions - optional:

- Set a timer for five minutes - you can always write for longer if you get into the flow.
- Keep your pen moving, do not edit or look back - no grammar or spelling required.
- Go where your pen goes, trust it'll be useful - even if it's off topic.
- If emotions arise, carry on if it feels OK or write about something else and return when you're ready/have support.
- For each exercise, reflect on what you wrote, read it out loud for extra perspective.

To 'get it all out' - Exercise: '*Brain dump*'

A brain dump is simply getting out everything that's swirling around your head and onto the page. You can do it as a list, a mind map or just free-write (instructions above).

To review what's going on - Exercise: '*Police report*'

Once you've done the *Brain Dump*, is there one thing or theme that stands out? Pick whatever you're drawn to and do a deep dive. Write about what's happening in this area in as much detail as you can. This is guaranteed to give you perspective.

Refocus and choose - Exercise: '*Manifest Memoir*'

Now it's time to focus on where you want your energy to be. Write as if what you want is already happening. How do you feel, how are people responding to you? Again, go for the detail here. If you aren't 'in' anxiety, overwhelm, etc. at the start, you can do this exercise first to set the scene and then do the *Brain dump* and *Police Report*.

Guides in the series - Creative journaling for:

Headspace	Wellbeing	Writer's block
Success	Innovation	Difficult feelings
Happiness	Creating theme	Difficult situations

Plus: Greatest prompts, Where to find prompts and Benefits (plus top tips) of journaling.

I hope you found this guide useful. For information on creative journaling courses and workshops, contact me, Claire at: Cpsdayoff@gmail.com or go to Clairepearce.uk.