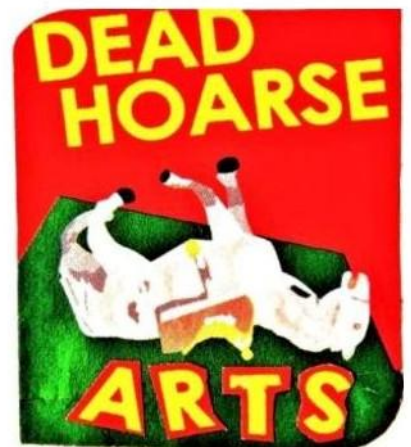




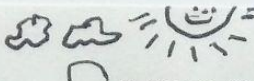
F E E L
good
F R I D A Y

WORDS WORK!

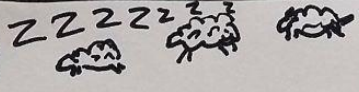
with **Gary Studley**



Good health recap


FRESH AIR = FREEDOM!!! ESCAPE HOUSE TWOES
MORE OXYGEN = MORE SEROTONIN = HAPPY
VITAMIN D = HELPS FIGHT SAD + S.A.D.
MORE OXYGEN = BETTER DIGESTION
MORE OXYGEN = BETTER SLEEP.

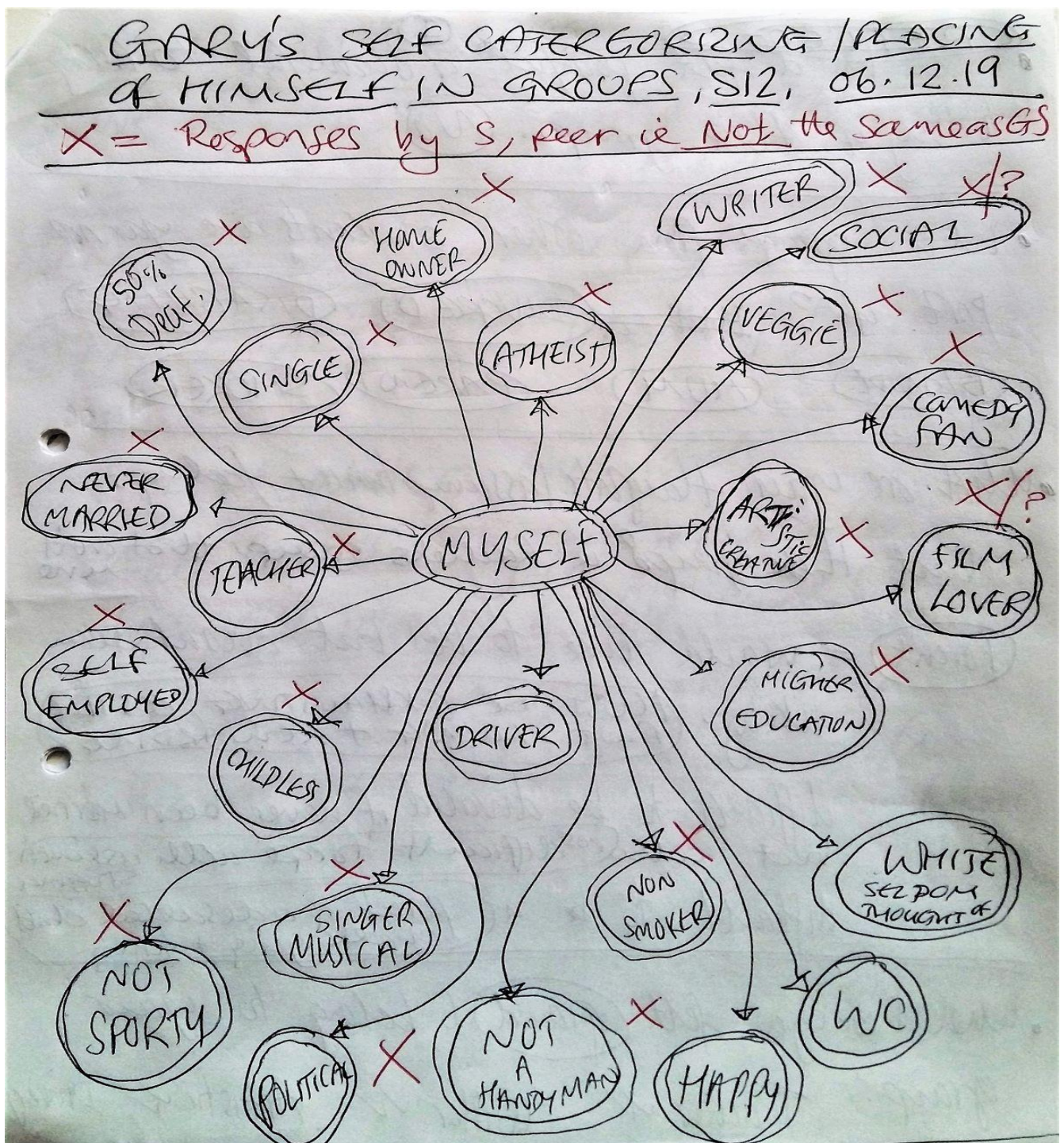
EXERCISE!!!... HEALTHY MIND + BODY VIA:
Releases 'FEEL GOOD' ENDORPHINS = ENERGY.
CHANGES MUSCULATURE + AREAS IN TENSION.
DISTRACTS FROM TENSION + STRESS (AND) - IF
YOU PAY CLOSE ATTENTION TO HOW YOU'RE BREATHING,
YOUR FOOT FALLS, YOUR SURROUNDINGS = MINDFULNESS
⇒ INTERRUPTS NEGATIVE THOUGHTS 😊
BOOSTS DOPAMINE + SEROTONIN LEVELS =
INCREASE FOCUS, ATTENTION. LIKE RITALIN FOR ADHD

SLEEP  REJUVENATES! YAY!
HELPS BRAIN PROCESS EMOTIONS = LESS RAW
LOWERS BLOOD PRESSURE + BLOOD SUGARS
= WELL RESTED = SHARPER BRAIN = COPE + PROCESS

**Struggling to recall all
you have to do?
Feeling overwhelmed
by too much stuff?
In need of clarity?
Then try a *Brain Wash!***



Mind Mapping to find yourself, your place, your goals in life



SMART Goals

S = Specific

M = Measurable

A = Achievable

R = Relevant

T = Time-Bound

SOMETHING TO DO...

- Look at your goal. Does it follow the criteria we have talked about? Do you need to make any changes?
- Look at your goal in terms of positives and negatives. What will you gain or lose from trying to achieve your goal?
- Brainstorm all the possible ways of achieving your goal. Try thinking outside the box!

Mind Mapping for Clarity, Direction + Goals.

1. Title with your current focus

2. Label what you have that's positive currently

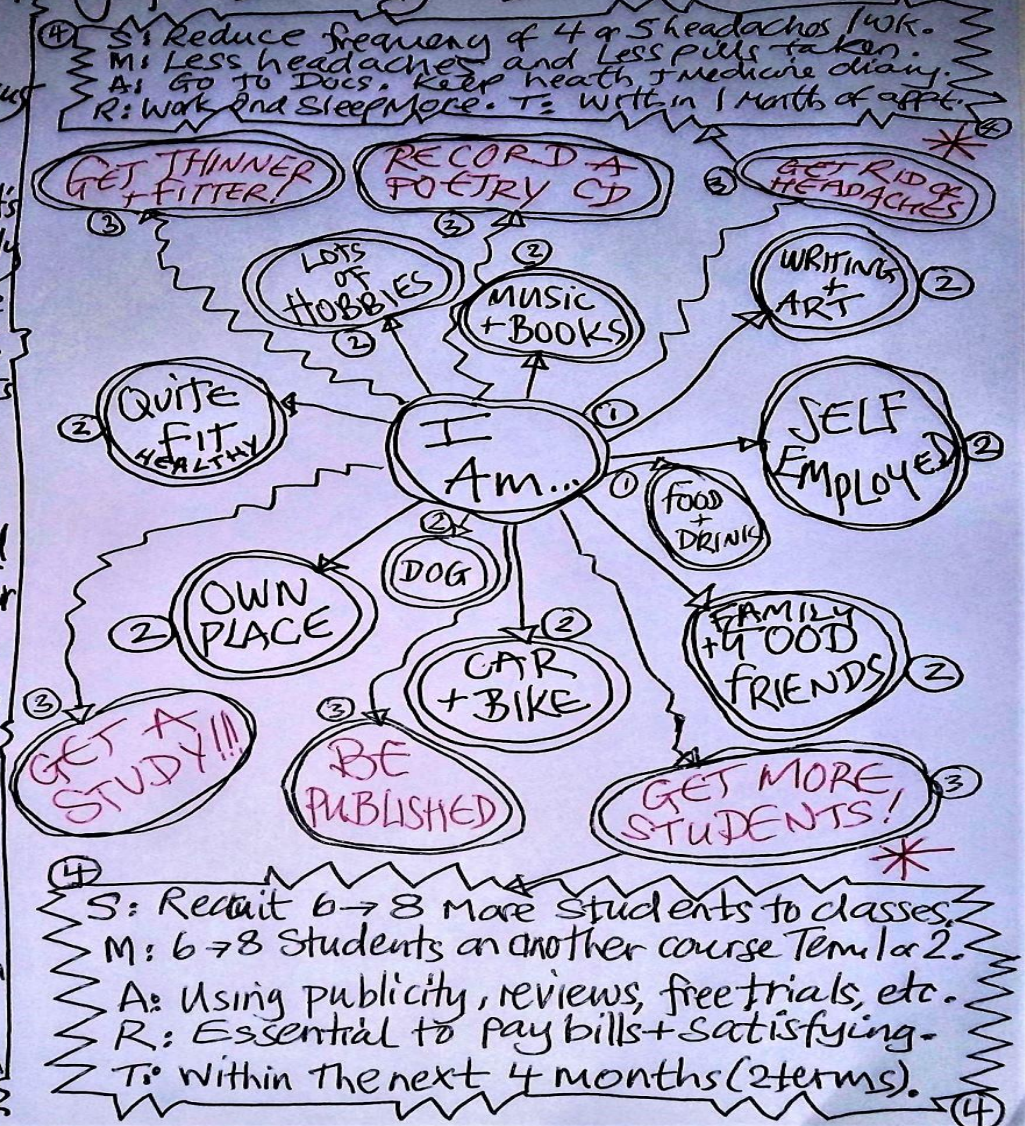
NB: Make sure you note things, people + interests as all count.

3. Write what you want or would like to change or happen for you

NB: This is usually - but not always - a smaller group

4. *Prioritize* - ie find a goal/s you need to reach

5. Using SMART GOALS try to reach 1 or 2 at a time?



JULIA CAMERON'S MORNING PAGES: paraphrased (by CW & GS) and NEXT STEPS for some.

What are Morning Pages?

Morning Pages are three pages of handwritten stream of consciousness writing, ideally done first thing in the morning. Write about whatever you want. You may feel daft but keep going - thoughts will surface & the process can provoke, clarify, comfort & help prioritize your day.

Why write not type? Letting your pages flow without trying to control what comes out helps to silence your inner critic. Handwriting engages more areas of the brain plus typing can be a more emotionally detached practice & because we can fix mistakes keeps our IC alive.

Morning Pages clear your mind and centre you.

We sometimes wake up confused, anxious, with a ton of stuff floating around in our minds: the small distracting thoughts that take our attention or bigger, more challenging issues that hijack us. We need to channel that confused energy. Morning Pages helps clear your mind to focus on other things; to build towards doing more constructive and creative thinking.

Morning pages can help you cope with: anxiety envy, anger, fear, vulnerability, etc, by putting these emotions on paper and seeing them for what they are. By getting this stuff out to look at, you realize it's not so bad. This can take time to believe but can soon ground you.

Finding Time & Making Time

Morning Pages helps to make better use of my time, making my mind clearer, sharper and 'quieter'. This allows me to focus better and be more productive. It means I feel I have more time as I am more efficient because I'm ready for the day.

They help you discover your creativity.

In order to retrieve your creativity, you need to find it. You discover things that have been hidden inside you and stuffed down in the business of life. Gems & forgotten ideas surface.

An easy way to approach Morning Pages

- 1)** Focus on doing the morning pages tomorrow. Just focus on one day. One day is 'do-able'
- 2)** Get a pen and a notebook ready and laid out the night before.
- 3)** Wake up 30 minutes earlier than normal. Tell yourself the night before that you are doing this and that you will feel well-rested in the morning (that simple statement will really help).
- 4)** Wake up & write 3 pages. Don't think - do & soon you will be proud of yourself for this.
- 5)** Try to do it again the next day. Interrupted new things are difficult to come back to.

Initially, DON'T re-read your morning pages. After a while you should find that ideas that surfaced will stay with you. Some people keep them. Some throw them away. It's up to you.

NEXT STEPS. After a while you can - if you want - be diagnostic with your Morning Pages.

GS' follow on practice, (which may be helpful for some): **Building On Morning Pages.**

Some people 'do' Morning Pages for months, years, decades. It works for them. I was one of those people but have taken a slightly different path which I use with those who suffer from anxiety, confusion, or a sense of feeling overwhelmed. It works like this.

Once you're comfortable with the idea of the Morning Pages and feel that it's natural & works for you, if you're still anxious or overwhelmed then try this:

1. Write your pages.
2. Each day, when you reach a natural slowing down point - or your 3 pages are complete - stop. Put the pen you just used down. Stretch.
3. Close your eyes & take a deep breath, holding it for 3 seconds before letting it out. Repeat this twice more. Make sure you are sitting comfortably. That you're grounded.
4. Take a different coloured pen and look at your 3 pages.
5. Skim reading what you've written & without over thinking anything:
Write M next to things that you feel you MUST do/ get worked out today, those you feel that if you don't face them there could be a serious consequence.

Write N against the things you feel you NEED to get done/worked out, if possible, the things that have a time limit or could be a stressful part of your day to day.

Write L against things you feel you'd LIKE to get done/worked out if you could, because it would be nice or improve your day.

6. Put that pen down. Put your Morning Pages away/out of sight.
7. Stretch. Repeat the deep breathing exercise from before. Then go about your day.
8. Later on, but before not just bed-time, once you've eaten, done the chores etc, find 5 quiet minutes to yourself & take out your annotated Morning Pages.
9. Skim read where you wrote M, N, L and see how many of the things you felt this morning were a MUST or NEED you've actually dealt with. You'll probably find that it wasn't many.

At first this can feel negative - that you didn't 'do' as much as you should have. BUT if you continue this a while you'll not only realise that you're still getting things done; but also that you can prioritise your day; & the world doesn't implode if you don't do everything. And you will be coping - 1 day at a time. 1 target at a time. 1 improvement at a time.

BLACKOUT & FIND OUT

BLACKOUT POETRY popular on Instagram
+ facebook - been around for ages - 100s of YEARS

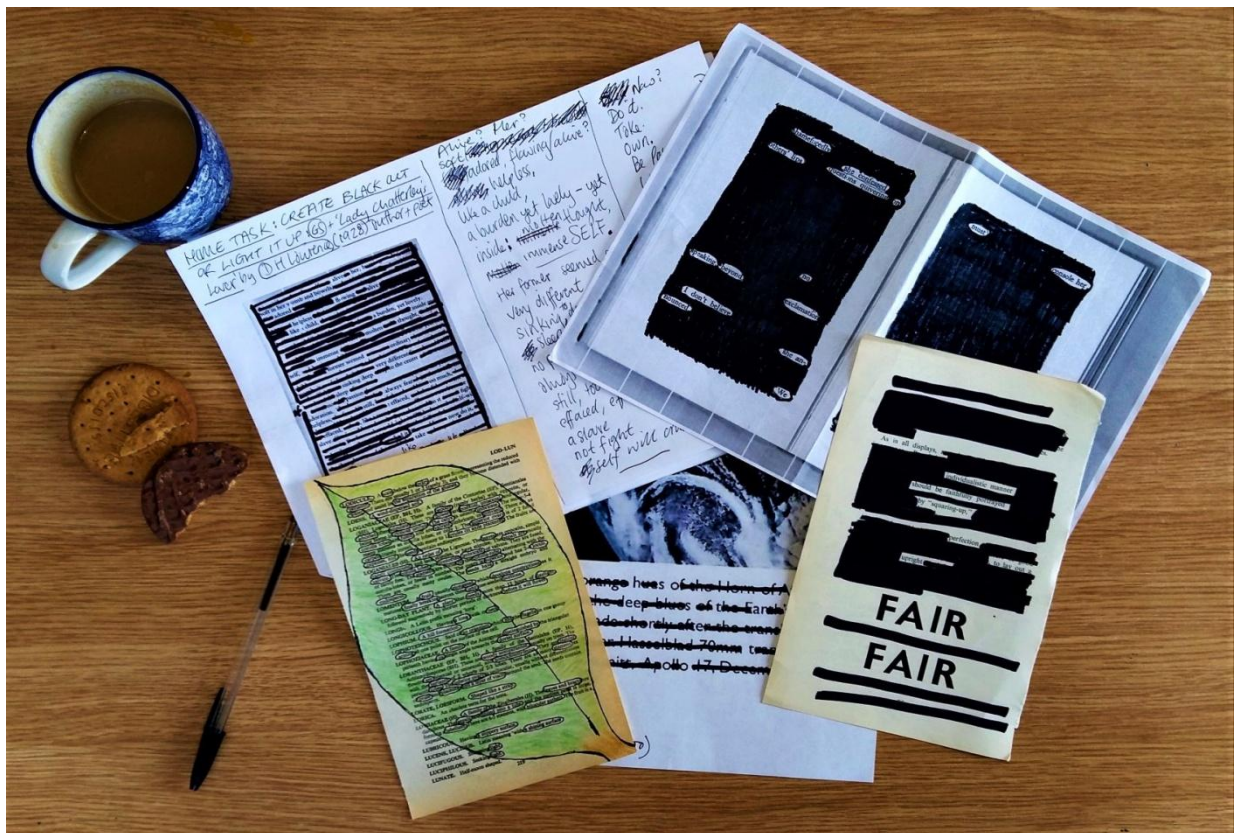
Take a text. HOW TO DO BLACKOUT (before ex 3)
Erase / Black out unnecessary unwanted phrases.

- creates (a) visual piece = redacted = gart = 😞
- and (b) a new fragmented new poem / stories

③ Nothing is added.

④ Don't change the order.

Austin Kleon = now = Famous black out poet.
Caleb Whiteford 250 yrs ago was the first runner
to self published a newspaper with these things in.
Tristan Tzara; a g Parisian = one of the early ones
Brian Gysin - painter = also does this
William S Burroughs / Dadaist = one of early guys
Tom Phillips = contemporary (Mr. Now = his joke
Ben name
Mr. Bell)



om "abracadabra" in underpants.
 e conference
 d at
 a w
 new
 back
 left
 will
 here
 all," she said.

key
 the
 is
 to have
 The good news
 in
 you

PETER JAMES

crackle into life. out
 airwaves picking up a
 controller, calling
 down. 'Almost
 'Go
 the left.'

sky had been saving it all up,
 exploded to the windows, danced
 rattling the roof,
 when they got there, slow
 faster; opaque
 film, and
 little.
 insect
 How
 crazy
 indicated, on a road
 not unlike his own
 beyond under a railway
 were more s
 'It's here,'
 looking

detached

JOURNALING by Dr JEP: 2019/20, paraphrased by GS

A pen, paper, 5 minutes & a prompt. Journaling is allowing words to spontaneously flow onto paper, free from expectations, goals and deadlines. The flow can be initiated by a prompt, a word, a phrase or an open question. Your response will be unshared, confidential, not judged & honest.

Journaling offers fast relief when overwhelmed by emotions. Simply write *I feel...* or *I am worried about...* or *I am afraid of...* or *I am frustrated by...* and then safely vent onto paper. Releasing the words brings relief. Reading them back may reveal contradictions, mixed feelings and underlying motivations. Through this reflection a calmer, clearer perspective will make it easier to cope.

If anxieties, fears or a sense of injustice are troubling you, write them down to take away some of their power; release the pressure & help you understand the situation more clearly.

Use journaling to de-clutter your mind of past anger, grief, shame, resentments or regrets. NB: This can be upsetting so ensure you start with the mildest event and limit yourself to a five-min journaling.

Journal to discover the healing power of fresh perspectives. If you journal regularly, some advice or insight that you fail to act upon may crop up. Journal about small problems before they grow.

Night-time Highlighting of the Good in a Bad day. Don't dwell on what went wrong- write down 3 highlights . A quick list or longer descriptions. Repeat daily until no day seems completely bad.

Gratitude journaling. In life we focus on problems because being alert to dangers is a survival skill. GJ is a counterbalance, bringing a sense of appreciation; successes noted & a boost your confidence.

Journaling is an effective route to self-discovery. Using open questions as prompts, reflect on your life. Journal on *What question do I need to ask?* You may need to write for a longer time. Your words may reveal needs, desires & values which make it easier to prioritise, be decisive and to let go. This self-awareness is needed for self-acceptance, understanding and compassion, bringing self-forgiveness.

Journaling in Times of Isolation: Many of us will feel physically or emotionally isolated at times & journaling is a valuable tool for reflection, self-discovery & finding creative ways to thrive. Here are a few ways to calm yourself, reflect on life & build a flourishing relationship with your creative genius.

Calm a troubled mind: Acknowledging feelings can be calming & give a fresh perspective. To help direct attention away from fear & uncertainty, list things you're grateful for & pick 1 to journal on. Write a Thank You letter to your inner hero who's guided you through tough times. Write the letter to someone whose kindness, encouragement, or inspiration has been invaluable.

Useful prompts could be: Three highlights of my day are... I appreciate... I am grateful for...

Inspire fun and creativity: Whatever the reason for your isolation, our ability to find connections can make a random daily prompt seem particularly appropriate. Unusual connections often spark creative ideas, insights, and solutions to problems. Helpful prompts may be: I'm surprised by... I'm uncertain of...I'm changing...

Make a difference: Read your journal to discover insights, and inspiration which can be used to help you thrive in every aspect of your life. Re-reading will reveal further insights & the extent to which your perspective on life's changed. Helpful Qs: I want to... I intend to... I commit to...

Words & Pictures



CUT UP POETRY



When the news gets too much, cut it up & change it!

MAIL-eviolent

It's a state of mind.

Incredible moment!

Tories score

another poster own-goal

as most people in this country

ridicule for self-protection,

face astonishing attacks

OFF THEIR TROLLEY

and,

trained to be loyal

but falling

short of targets,

the MOD FAIL TO ATTRACT -

make the Army more presentable,

lucrative drive HR specialists

fully-trained chefs and

CUT BRASS BRIGADIERS IN

SECRET TALKS

reveal the campaign,

REVOLUTION ! -

yet emerged **IN THE PIPELINE**

in related articles,

Boris ditches the Kalashnikov

for a **headdress.**

It's a state of mind.