



# Wellbeing Tips

## Creative writing



### Creative writing as a therapeutic tool for healing

*Close your eyes and picture yourself curled up with a blanket and cup of tea in a cosy nook of an old cottage surrounded by shelves of books and writing journals every colour of the rainbow.*

*A candle flickers as it sits on the window ledge bathing the room in a warm golden glow as the light fades outside on a cold wintry night.*

*A blank notebook lies open on your lap waiting to be written on. You hold a pen in your hand ready for the adventure of storytelling to begin.*

Creative writing is a therapeutic tool supporting self-care through emotional expression, deep reflection, and creativity. Writing is a private non-verbal activity which can support vulnerability and provide safety when externalising and navigating trauma allowing for space and time to process and work through the layers of one's experiences. Creative writing can be healing and grounding as take control of your story and tell it the way you need it to be told whether it be for yourself or to share and connect with others.

### Forms of creative writing and their benefits

Creative writing can take many different forms including poetry, short stories, letters, and reflective journaling just to name a few. These metaphorical, descriptive, and symbolic frameworks enable us to externalise and make meaning of our experiences discovering insights into ourselves and others as we reflect on our understanding of situations and events in our lives leading to post traumatic growth and a growth mindset.

If you are interested in finding out how creative writing can support your wellbeing, check out our wellbeing activities that may have activities like this! : [familiesofveterans.org.au/project/defence-families-wellbeing-events/](https://familiesofveterans.org.au/project/defence-families-wellbeing-events/)