

The image features a vintage book with German text, partially obscured by a bouquet of dried flowers. The text on the book includes phrases like "zu Gedanken, diesen Vorschlag. Prudence", "Landen bekam den Auftrag, dem", "Margarete habe den schönen", "Madame Duvernoy", "um den Herzog", "für solche", "Humor", "keine", "Ausflugsfrüh-", "Eier, Butter,", "Stelle war.", "Ausfahrt gehen", "Frühstück so", "un-", "Dankbarkeit", "verbracht habe". The bouquet consists of several stems with small white flowers and large green leaves. The overall aesthetic is warm and nostalgic.

How to maintain your wellbeing *Therapeutic Writing*

www.amberhealingcounselling.co.uk



Therapeutic writing is a fantastic tool to support your wellbeing. You don't have to be a poet or a writer! Oh yes, you've heard that right. You just need to be yourself.

Do you want to express your thoughts and feeling in writing? You're at the right place.



GRAB A PEN AND PAPER OR
YOUR PHONE/TABLET

Let's work together.

I will open my writing to you
and I will ask you to reflect as
you go along

Enjoy it!

Good morning



Good morning my beautiful mind and my precious
body

You carry me through the mountains for days
And guard me so tightly for nights

The morning rain washes my dreams away
And the steep mountain tops start rising up again
Good morning my beautiful mind and my precious
body

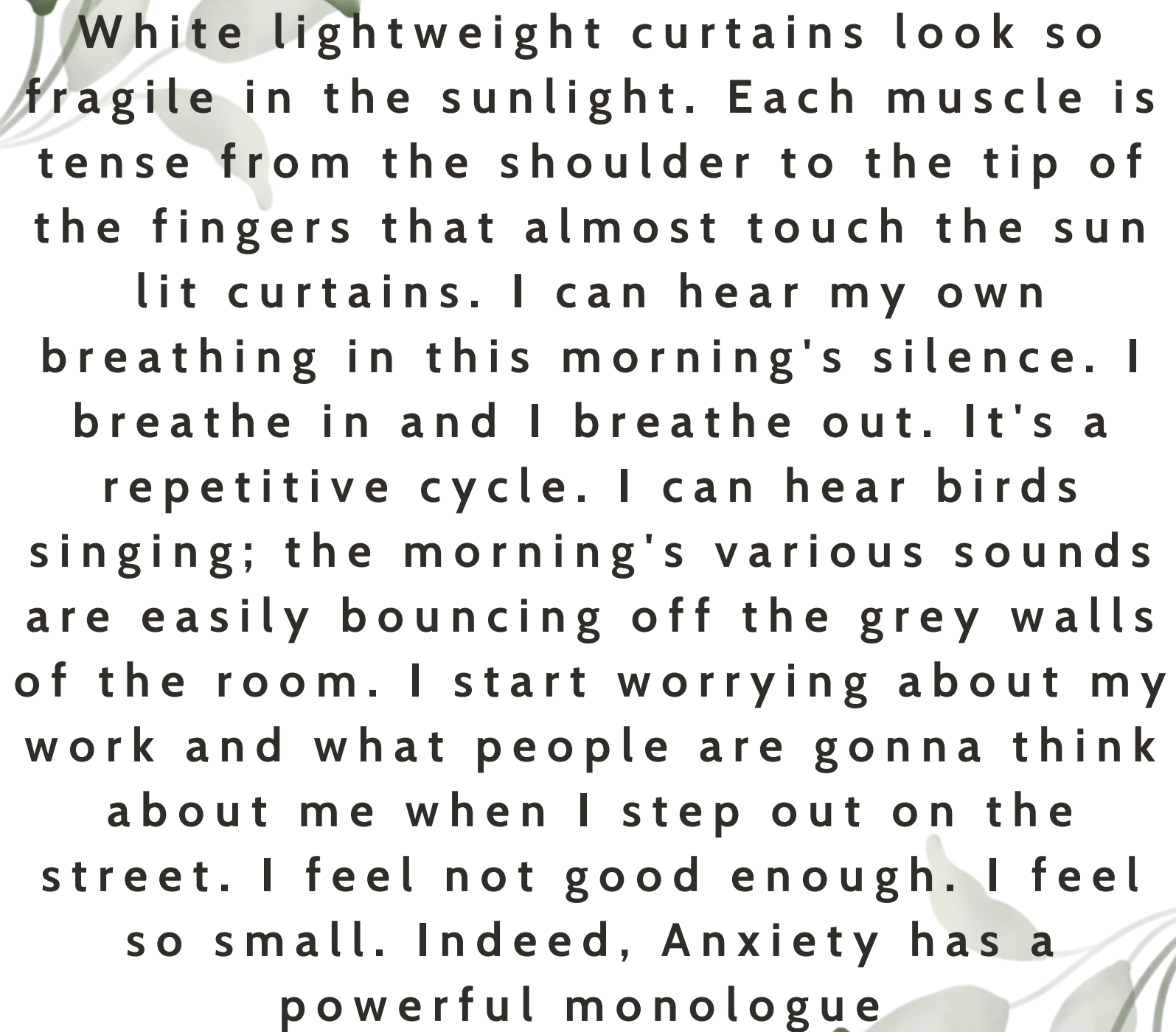
I'll be gentle and kind with you today

What's coming to your mind this morning?

How does your body feel this morning?

How are you feeling this morning?





White lightweight curtains look so fragile in the sunlight. Each muscle is tense from the shoulder to the tip of the fingers that almost touch the sunlit curtains. I can hear my own breathing in this morning's silence. I breathe in and I breathe out. It's a repetitive cycle. I can hear birds singing; the morning's various sounds are easily bouncing off the grey walls of the room. I start worrying about my work and what people are gonna think about me when I step out on the street. I feel not good enough. I feel so small. Indeed, Anxiety has a powerful monologue



PLEASE USE THIS MORNING SPACE TO CREATE A
STORY, A POEM OR A MIND MAP



An aerial photograph of a beach. The top half of the image shows the ocean with small, white-capped waves washing onto the shore. The bottom half shows the wet, dark sand of the beach, which is covered in numerous small, white foam bubbles from the waves. The overall tone is calm and serene.

BREATHE

YOU ARE MEETING YOUR AUTHENTIC SELF



Good afternoon

Meet me at the river so we can listen
to the sound of the water

Meet me at the river so we can sit in
silence and feel each others presence

Hold my hand to fill the void inside
me

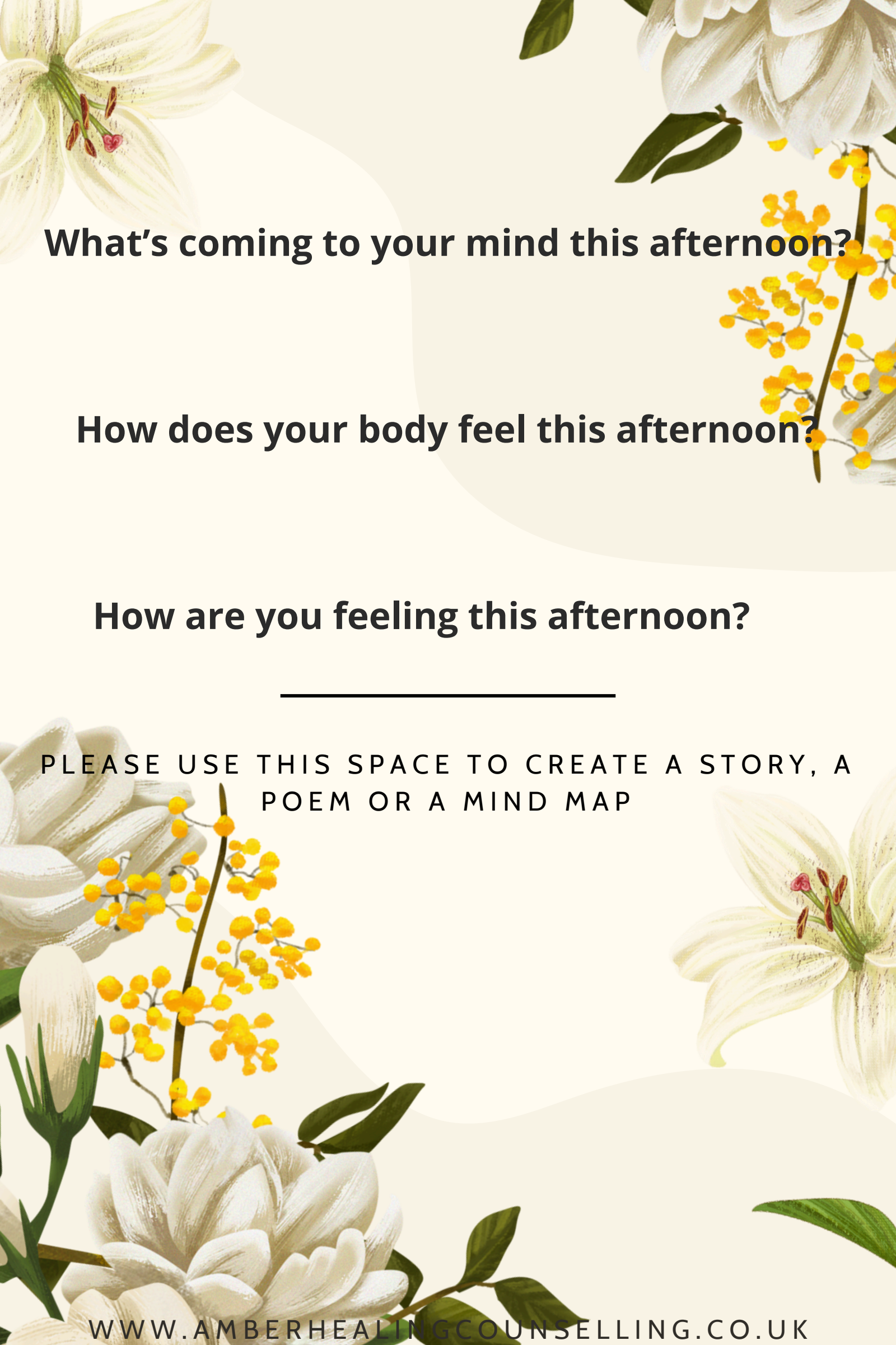
Hold my hand to silence the voice
inside me

Connect

Flow

Be present

Hold my hand I will hold yours



What's coming to your mind this afternoon?

How does your body feel this afternoon?

How are you feeling this afternoon?

PLEASE USE THIS SPACE TO CREATE A STORY, A
POEM OR A MIND MAP

An aerial photograph of a beach. The top half of the image shows the ocean with small, white-capped waves washing onto the shore. The bottom half shows the wet, dark sand of the beach, which is covered in numerous small, white foam bubbles from the waves. The overall color palette is muted, with various shades of brown, tan, and grey.

BREATHE

YOU'RE DOING SUCH A POWERFUL INNER WORK

Good evening

SSSSSSSSSS

I am the light flickering in the
shadow

The sun the moon the stars disappear

I am the light expanding in the
shadow

Expanding Breathing Loving Caring

The light that never stops shining

The shadow disappears

What's coming to your mind this afternoon?

How does your body feel this evening?

How are you feeling this evening?

PLEASE USE THIS SPACE TO CREATE A STORY, A
POEM OR A MIND MAP



YOU ARE AMAZING

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