

ROLLERCOASTER TO WELLNESS

WRITING AND SKETCHING FOR BETTER MENTAL HEALTH

CREATED BY SUSAN MONTGOMERY

These prompts will help you figure out what you want to write and sketch about and give you a good starting point for creating something that can go in your wellness toolbox.

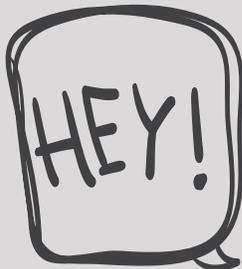
FRUSTRATIONS

WHAT IS MAKING YOU FEEL DOWN OR ANGRY OR SAD RIGHT NOW? DO YOU FEEL UNEASY ABOUT SOMETHING? WRITE ABOUT ANYTHING THAT IS ON YOUR MIND.



MARK-MAKING

EXPERIMENT WITH DRAWING LINES OF DIFFERENT LENGTHS AND WIDTHS WITH ANY PEN OR PENCIL. DOODLE!



WORDS, WORDS, WORDS!

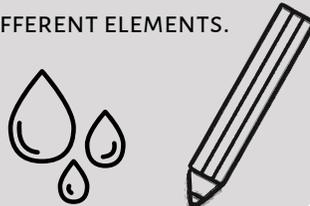
WRITE DOWN ANY WORDS THAT YOU'VE BEEN THINKING ABOUT. YOU CAN EVEN CREATE NEW WORDS IF YOU'D LIKE.

WHERE IN THE WORLD?

THINK ABOUT PLACES THAT ARE ON YOUR MIND. ARE THEY REAL OR IMAGINED? NEAR OR FAR? WHAT DO THESE PLACES LOOK LIKE?

ELEMENTS

WHAT COLORS COME TO MIND? SHAPES? WATER? FIRE? MAKE A DOODLE OR SKETCH OF ANY ELEMENTS YOU ARE THINKING OF ON ONE PIECE OF PAPER. WHAT PICTURE DO YOU HAVE IN YOUR MIND? START WITH SIMPLE LINES. DON'T WORRY ABOUT WHAT IT WILL LOOK LIKE WHEN YOU'RE DONE. JUST FOCUS ON STARTING THE PROCESS. YOU CAN EVEN FILL THE WHOLE PAGE WITH DIFFERENT ELEMENTS.



PEOPLE

YOU CAN INCLUDE PEOPLE IN YOUR SKETCH. STICK FIGURES ARE COMPLETELY FINE! WHAT DO THEY DO? WHAT DO THEY LOOK LIKE? WHAT ARE THEY LIKE?

SERIOUS OR SILLY

YOUR POEM AND SKETCH CAN BE SERIOUS OR SILLY! DON'T BE AFRAID TO USE HUMOR. SOMETIMES, ALL WE CAN DO IS LAUGH!



FORM THE POEM

RESEARCH SOME "POETIC STYLES" AND CHOOSE WHAT KIND OF POEM TO CREATE. IT CAN BE ANYTHING! IT CAN RHYME OR REPEAT OR BE A TONGUE TWISTER! CHOOSE WHAT YOU ARE DRAWN TO.

POEM + SKETCH = SUCCESS!

COMPLETE A DOODLE OR SKETCH AND COMBINE IT WITH THE POEM IN ANY WAY YOU LIKE. READ THIS POEM WHEN TIMES ARE TOUGH AND REALIZE THAT YOU ARE STRONG AND AMAZING AND CAN DO ANYTHING.

