

# Writing for Self-Care

*A mini guide to promote writing for self-care*

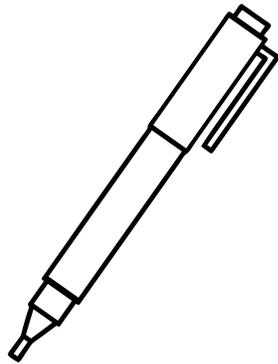
by Dr. Ragan M. Brown

# Writing for self-care

The healing properties in writing are often underestimated.

I have always been a writer and I encourage my friends to write. As many journal entries as I have written in my lifetime, I never understood the magnitude of what I released on the page. It wasn't until a few years ago that I discovered the power I possessed behind a pen and paper.

The use of a pen allowed me and currently allows me to relinquish my control, fear, and anxiety. My tears, blood, sweat, joy, pain, fears, and deepest secrets are hidden on the pages of various journals.



Self-care is personal and it is a journey. When you begin to write with the intention of self-care, your pen will take your mind and paper on a journey.

Use this guide to help you begin or continue your journey of self-care. Allow writing to take you to newer dimensions of your life!

This digital resource was designed for you to personalize, interact, and definitely write. Please print this resource to use it as needed.

# Racing Thoughts

Is your mind going a mile a minute? You can't get clear about what you are thinking, what you need to do, or what you need to write, unless you release those racing thoughts.

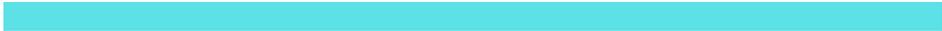


**Use the space below to just write and release those racing thoughts! No rules, just write!**

# Trigger Words

Your body responds to triggers. Triggers elicit a memory, either pleasant or painful. Triggers are deeply rooted elements of your subconscious. We react to those triggers.

Being aware of our triggers is a major component of self-care. Being proactive and identifying triggers before starting a new project, new book, or new endeavor, is essential to writing to heal. Before working on my dissertation and my book projects, I had to come to terms with my triggers. Through this exercise, I found that many triggers were hindering my self-care.



What are our triggers? Maybe you are afraid to open a can of worms.  
What gives your mind, body, and soul a reaction?

**Personal triggers**

-----  
-----

**Work related  
triggers**

-----  
-----

**Relationship  
triggers**

-----  
-----

**Sensory (sights, sounds, smell, touch, taste)  
triggers**

-----  
-----

**Past  
triggers**

-----  
-----

**Future  
triggers**

-----  
-----

-----

# Laugh List

Laughter and self-care go hand and hand.

In fact, you will be surprised how much smiling, laughing, and comedy drive inspiration. Many times something that makes you laugh sparks an entire slew of emotions.



As you go about your day, create a list of things that make you laugh.

Continuously add things as you have various encounters.

This laugh list can be converted into an inspirational or reflective blog post.

# Morning Memo

## AND GRATITUDE

Mornings are my time to command my day.

Each morning, I write an affirmation and sometimes a note to God. A few years ago I starting a morning memo to myself. I found that the morning memo helped me to organize my thoughts for the day.

If I choose to read a scripture, an affirmation, or something inspirational, I then make a note or memo of what speaks to me. These memos can later turn into something greater. For example, my morning memos at work was my inspiration for y my Teacher's Lounge self-care journal.

---

Use this space to write morning memos to yourself. A memo that will spark love, creativity, and self-care. This space can also be used for any morning thoughts of gratitude. Set the tone for your day. You will thank yourself later.

# Self-care Affirmations

USE WHAT YOU NEED OR CREATE YOUR OWN

I am a priority.

Peace lives within me.

The power I possess creates change.

My words are healthy.

My thoughts are productive.

Happiness and love surround me.

I am unique, beautiful, and whole.

Focus, balance, success, REPEAT

i am accountable for my health and happiness

Certainty, clarity, consistency

# SELF-CARE

Writing for with the intention of self-care has numerous benefits. If you are started to feel anxiety about writing, stop right now. Just start! Get your thoughts on paper and experience the joy of writing for self-care. No excuses. Be intentional, be authentic!

*Write to heal, write to reveal.*



*Dr. Ragan M. Brown*

## Publications

The Truth, The Whole Truth, and Nothing but the Truth, So Help Me Teachers, January 2018

The Mediocre Teacher Project Anthology, September 2018

The Teacher's Lounge Journal, October 2018

## Workshop/Seminar/Guest Speaker Facilitator Topics:

Self-Care

Youth Development

Morale in the Workplace

Writing for Self-Care

Self-Regulation for Youth , Adults, and Professionals

Website: [cultivationconnection.org](http://cultivationconnection.org)

Social Media: IG: [drbrownconnection](https://www.instagram.com/drbrownconnection)

Facebook: [Ragan Monette Brown](https://www.facebook.com/RaganMonetteBrown)