



A Taste of Writing for Well-Being

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**The Wellness
Writing Room**

The background features a light grey base with large, overlapping organic shapes in muted green and brown. Stylized foliage patterns are visible in the top left and middle left. A white line with a wavy, organic path is on the right side.

Ground rules

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C – confidentiality



Ground Rules

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A – attention



Ground Rules

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R – respect & reflection



Ground Rules

C – confidentiality

A – attention

R – respect & reflection

E – empathy



Ground Rules

- C – A – R – E
- Let your pen or keyboard flow
- Writing in your first language



The background features a light grey base with large, overlapping organic shapes in muted green and brown. A white silhouette of a pine branch is visible in the upper left. A white wavy line curves across the bottom right.

Taking a moment
to breathe ...

The Room

by John Ashbery

The room I entered was a dream of this room.
Surely all those feet on the sofa were mine.
The oval portrait
of a dog was me at an early age.
Something shimmers, something is hushed up.

We had macaroni for lunch every day
except Sunday, when a small quail was induced
to be served to us. Why do I tell you these
things?
You are not even here.





WRITING EXERCISE:

“The room where ...”

The background features a light grey base with several overlapping organic shapes. A large, semi-circular shape in a muted brown color is on the left. A larger, irregular shape in a sage green color is on the right. A white, wavy line starts from the bottom left and curves across the bottom right. In the top left corner, there is a faint, grey silhouette of a pine branch.

Sharing in small groups



WRITING EXERCISE:

How did you find it?

The background features a light grey base with large, overlapping organic shapes in muted green and brown. Stylized foliage patterns, resembling ferns or pine needles, are scattered across the top and left sides. A thin white line curves across the bottom right.

Closing round



thank you