

The High Point P k

HPC strives to guide, educate, encourage, and support their clients

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Did You Know?

- Taking a hot shower helps you come up with new ideas
- Daydreaming is good for you—scientists now say, “the mind’s wandering is vital to imagination and creative thought
- Author Friedrich von Schiller kept rotten apples in his desk, claiming he needed the scent of their decay to help him write
- Author Edith Sitwell liked to lie in an open coffin before she began writing each day
- Poet Amy Lowell once bought a stash of 10,000 cigars claiming she needed them to help her write
- Reading for just 6 minutes a day can reduce stress by 68%
- Canadian intellectual Marshall McLuhan thought readers should turn to page 69 of any book to determine if it was worth reading
- Napoleon supposedly was able to read 2000 words per minutes
- Coloring allows us to switch off our brains from other thoughts and focus only on the moment. It definitely has therapeutic potential to reduce anxiety, create focus and/or bring [about] more mindfulness
- When Dr. Seuss got stuck writing his books, he would go to a secret closet filled with hundreds of hats and wear different hats until he had a new idea
 - Elizabethan scribe, Peter Bales, reportedly produces a complete, handwritten copy of the Bible so small it fit inside the shell of a walnut



~~SORRY~~
NOT SORRY
FOR BEING
ME

Mindful Self-Expression



Sometimes it’s very difficult to verbalize feelings or experiences. Perhaps for you, it’s difficult most of the time! When we experience things like death, trauma, or extreme emotional distress; it can be

almost impossible to put our feelings into words so we may scream, or fight, or get busy, or run away, or lose energy, or shut down because we are so overwhelmed. These are natural responses because when we experience something we perceive as threatening, the amygdala part of the brain will trigger our sympathetic nervous system to fight, flight, or freeze.

Mindful self-expression is helpful during these difficult times, because it provides an outlet that is free of judgment and rigidity. Self-expression can take the forms of art, writing, photography, music, or dance. Through these and others means, we can process and create something beautiful from pain. When we are able to share our art expressions in a nonjudgmental setting, it can help us increase connection and empathy with others, which are two of our core desires as humans!

Art expression can help identify the root of the pain which allows us to become more aware of its presence and what triggers a reaction. After understanding the pain, we can identify how to start healing the pain and plant flowers of healing. During the month of May in Mindfulness Meditation Group, we will do a mindful art-expression each week to help us process our emotional life a little more. Join us at 4pm on Thursdays!

Emily Hand, MA, NCC

Creativity Reduces Stress—Try Journaling

An overabundance of stress can be damaging to your physical, mental, and emotional health. It’s proven. Journaling is an incredible stress management tool, a good-for-you habit. In fact, a study showed that expressive writing (like journaling) for only 15 to 20 minutes a day three to five times over the course of a four-month period was enough to lower blood pressure and improve liver functionality. Plus, writing about stressful experiences can help you manage them in a healthy way. Try establishing journaling as a pre-bedtime meditation habit to help you unwind and de-stress.

Improves Immune Function. Believe it or not, expressive writing can strengthen your immunity and decrease your risk of illness. Those who journal boast improved immune system functioning (it strengthens immune cells!) as well as lessened symptoms of asthma and rheumatoid arthritis. Expressive writing has been shown to improve liver and lung function and combat certain diseases; it has even been reported to help the wounded heal faster.

Keeps Memory Sharp. Journaling helps keep your brain in tip-top shape. Not only does it boost memory and comprehension, it also increases working memory capacity, which may reflect improved cognitive processing.

Boosts Mood. Want more sunshine in your life? Try journaling. A unique social and behavior outcome of journaling is this: it can improve your mood and give you a greater sense of overall emotional well-being and happiness.

Strengthens Emotional Functions. Related to mood is how journaling benefits overall emotional health: As journaling habits are developed, benefits become long-term, meaning that diarists become more in tune with their health by connecting with inner needs and desires. Journaling evokes mindfulness and helps writers remain present while keeping perspective. It presents an opportunity for emotional catharsis and helps the brain regulate emotions. It provides a greater sense of confidence and self-identity. Journaling can help in the management of personal adversity and change, and emphasize important patterns and growth in life. Research even shows that expressive writing can help individuals develop more structured, adaptive, and integrated schemes about themselves, others, and the world. What’s more, journaling unlocks and engages right-brained creativity, which gives you access to your full brainpower. Truly, journaling fosters growth.

Article from <https://intermountainhealthcare.org/blogs/topics/live-well/2018/07/5-powerful-health-benefits-of-journaling/>

Creativity has Many Expressions—be Artistic



Sometimes you just can't find the words to express your thoughts and feelings. Another great way to get in touch with your emotions and to find a path to healing is art. Try one or all of these artistic forms of self-expression and see what you learn:

Draw or paint your emotions. Paint what you are feeling.

Put together a journal. Journals don't have to just be based around words. You can make an art journal as well, that lets you visually express your emotions.

Design a postcard or letter you will never send. Are you still angry or upset with someone in your life? Create a postcard or letter that expresses this, though you don't have to ever send it. Release your feelings onto the paper.

Attach a drawing or message to a balloon. Send away negative emotions or spread positive ones by attaching a note or drawing to a balloon and setting it free.

Make a mandala. Whether you use the traditional sand or draw one on your own, this meditative symbol can easily help you to loosen up.

Draw with your eyes closed. Not being able to see what you are drawing intensifies fluidity, intuition, touch and sensitivity.

Draw in sand. Like a Zen garden, this activity will have you drawing shapes and scenes in the sand, which can be immensely relaxing and a great way to clear your mind.

Take photographs of things you think are beautiful. No one else has to like them but you. Print and frame them to have constant reminders of the beautiful things in life.

Make a collage related to a quote you like. Take the words of wisdom from someone else and turn them into something visually inspiring.

Draw yourself as an animal. Is there an animal that you have a special interest in or feel like is a kindred spirit? Draw yourself as that animal.

Create a timeline journal. Timeline the most important moments of your life through this writing therapy exercise.

Create a box of values. First, collage or paint a box that represents you. Then, place items inside the box that represent the things you value the most.

Draw your dreams. You can learn a lot from what goes on in your dreams, so keep a dream journal and use it for inspiration to draw or paint.

Submitted by Jessica Carey



Tips for Emotional Health

Despite excuses to avoid dealing with emotional health, there are numerous opportunities and actions you can take to become resilient, develop tools, and achieve a more positive, healthy emotional perspective:

Manage stress:

- Reach out to caring and trusted people who are good listeners; sharing can help lighten the stress you carry.
- Indulge a hobby like hiking, knitting, photography, etc. and join a group to ensure you have time with others.
- Utilize calming breathing techniques – inhale deeply through the nose to a count of 4, hold for count of 8, then exhale to count of 10 through the mouth.

Embrace self-care:

- Commit to making time for quiet, reflection, and peace during your day—take a walk in nature, soak up a few minutes of sun, sip your morning coffee in a peaceful place, meditate, read, journal, try an art project.
- Regularly allow time for just being lazy—watch TV, chill out, listen to music, read a good book, paint a picture—just let go of all the 'have-to-do' items in your life at least for 30 minutes once and awhile.
- Add uplifting scents such as candles or fresh flowers to your environment.
- Join a group meditation or yoga class.
- Find ways to have fun —go to a movie, spend time with friends, write a story, express yourself.



Find fulfillment through giving:

- Volunteer to help others
- Commit to assisting a friend or stranger each day in some small way (donate time, smile as you pass, share a word of encouragement, give a compliment)

When you are emotionally healthy, you give yourself the gift of being resilient enough to manage the bad days as well as the good; and you are able to meaningfully identify and communicate your emotions and needs to others.