



Mindful Writing Exercise for Self-Expression & Coping During COVID-19

Shared by Dr. John Evans, IAJW Journal Council Member

Mindfulness teacher Jon Kabat-Zinn says, “life is suffering.” In his book *Full Catastrophe Living* he teaches the key aspects of mindfulness. Dr. John Evans, an expressive writing clinician and researcher, was a recent guest expert on one of our monthly IAJW Telechat interviews. During this interview he offered us 6 words that represent qualities of mindfulness and offered us a writing exercise to work with. May it support you with writing to heal during this challenging COVID-19 pandemic time.

6 MINDFULNESS QUALITIES That begin with the letter “A”...

- Awareness
- Attention
- Acceptance
- Affection
- Appreciation
- Affirmation



Mindful Writing Activity

Simply begin writing using each of the following sentence starter stems as the first part of your journal entry.

You can start a timer and write for 2 minutes with each one or pick a length of time you would like to write or stop writing when you feel complete with each one. You will know best!

- When I think about COVID-19, I am **aware** that...
- When I think about COVID-19, I find myself paying **attention** to...
- When I think about COVID-19, I **accept** that...
- When I think about COVID-19, I have **affection** for...
- When I think about COVID-19, I have **appreciation** for...
- When I think about COVID-19, I **affirm** that...

“...in the unfolding of our lives, we actually have nothing but moments in which to live, and it is a gift to actually be present for them, and that interesting things start to happen when we are.”

~ JON KABAT-ZINN, Author of *Coming to our Senses, Healing Ourselves and the World Through Mindfulness*



May journaling help you stay present with the moment-to-moment unfolding gift of this life you are living.

LYNDA MONK, DIRECTOR, IAJW.ORG