

**“Noticing”**

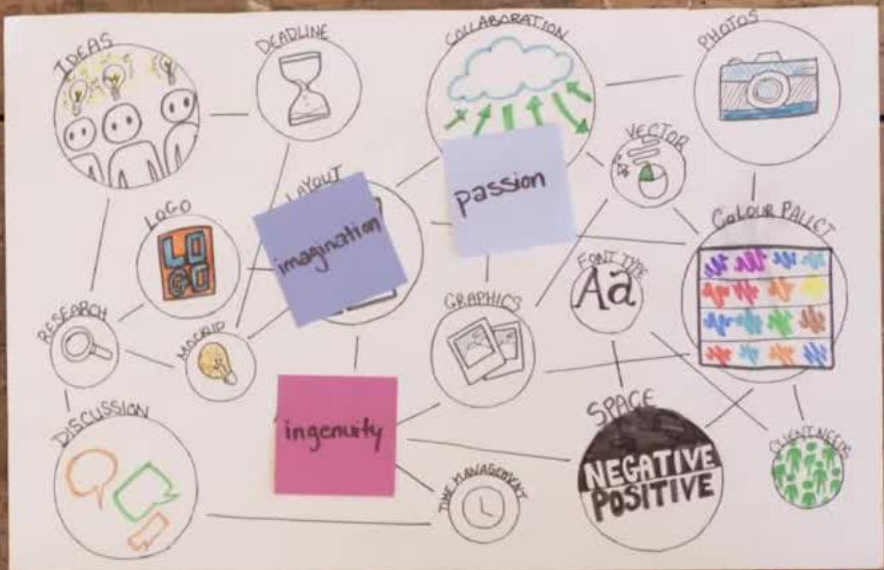
**Using Writing to Remind You  
of Life’s Other Stuff**

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# Welcome!

- Goals for today
  - Explore writing as a form of expression.
  - Discuss how writing can help us feel more grounded, present and regulate our feelings.
  - Give it a try!



# Creating a Safe Space



Respect each other and the safety of our group.



Share what feels comfortable – and only share if you want to.



Embrace laughter, reflection, and moments of silence as we **notice** what is happening.

# Why write?

- Provides an outlet.
- Relieves stress.
- Encourages mindfulness and reflection.
- Can help us find clarity.
- Portable and flexible.
- Free.



# Writing as a Mindfulness Practice

Being aware of the present moment.

A way to think about the past and the future.

Gives spaces for reflection, memory-making and self-awareness.

Helps use to understand and manage our feelings.

- Put emotions into words.
- Helps us **NOTICE** experiences more clearly and make sense and meaning.
- Should be comforting and reduce anxiety/stress.
- Builds resilience by helping you identify what worked and maybe, what didn't.

# Let's Practice



# **PRACTICE #2**

## **I'M MORE THAN MYELOMA**



**What's the best bumper sticker you ever saw?**

**What's the most unique food you have ever tried?**

**What's your nickname?  
Who gave it to you?  
What does it mean?**

**What's your favorite way to spend a Sunday?**

**How do you unwind after a stressful day?**

**What's a smell that reminds you of something or someone?**

**You are a major league baseball player.  
What song is played as you come up to bat and why?**

**What's your favorite hobby?  
When did you pick it up?  
What do you love about it?**

**What's your dream travel destination?**

**What was the last book you read?**

**If you were a superhero, what would be your superpower and why?**

**What was the first concert you ever event to?  
Where was it?  
Who were you with?**

**What's the best piece of advice you have ever gotten?**

**What musical instrument would you like to learn to play and why?**

**What is a family tradition you love and why?**

**If you were a kitchen appliance, which would you be?**

**What helps you feel grounded when you are feeling overwhelmed?**

**What's the funniest name you have ever heard for a pet?**

# Writing as a Tool For Processing Trauma

- Trauma can include experiences like a myeloma diagnosis, treatment, and living with uncertainty.
- Can happen for patients and the people who support them.
- Writing can help you
  - Externalize your feelings related to your myeloma experience.
  - Help frame your experiences into a story – **your story**.
  - **Notice** your strengths and places where you may need more help.
  - Have an outlet to process hard feelings.



# Let's Practice

5

Things I have learned about having myeloma

4

Feelings I have about my myeloma

3

Things I am grateful for

2

Ways myeloma has shaped who I am

1

Goal for the future

# Group Discussion Questions

How did today's writing experiences feel? How do these feelings relate to your myeloma experience?

What have you learned about yourself today through writing?

How can writing support your well-being?

How can you incorporate writing into your life?