

What's Mindfulness Have to Do With Writing?

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Shuttling Activity

Writing Prompts

- Who am I?
- What are my values?
- What are my passions?
- What is my own experience of the creative process?
- What does writing mean to me?
- What do I have to say?
- How do I want to say it?

Meditation Guide

- Sit comfortably
- Anchor to the moment using your breath
- Close your eyes, or keep them open
- Deal with your thoughts-Thoughts will come!
- Bring your attention to your breath
- Notice when you are distracted
- Bring your attention back to your breath

Debriefing the Activity: Shuttling



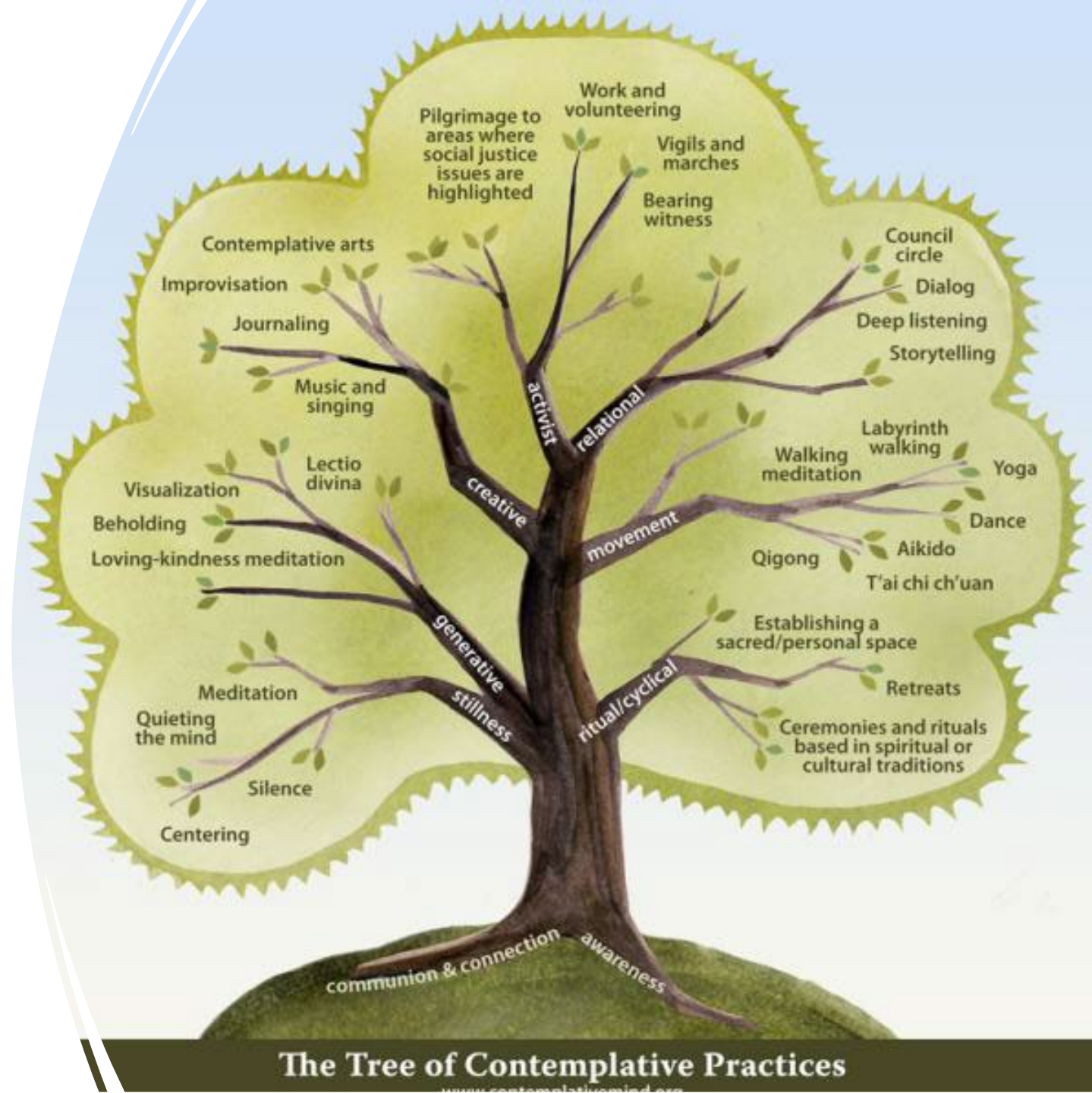
HOW DID YOU FEEL ABOUT
THIS PROCESS?

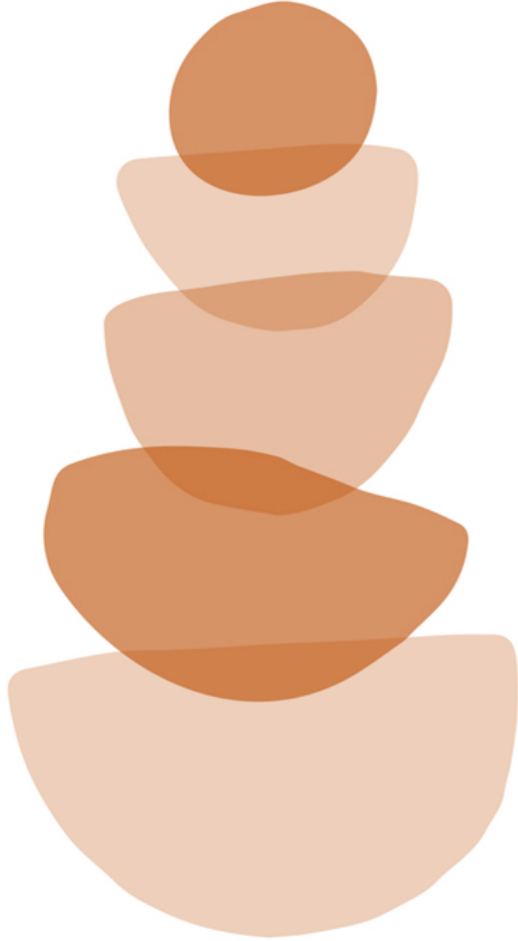


WHAT DID YOU LEARN
FROM THIS PROCESS?

Contemplative Practices

- Cultivate mindfulness
- More than meditation





Mindfulness is...

- The process of:
 - Paying attention to present moment experiences on purpose without judgment but with curiosity and openness.
 - *Bringing full awareness to your current experience whatever it is*

Mindfulness is *not*...

- A religion
- A tool to get rid of your thoughts
- A new age method involving chanting or incense (Marturano, 2014)

It is not the "...emptying of the mind; far from it, as the emphasis is on full awareness. And it is not about savoring the moment, which would demand dwelling on the positive. True mindfulness recognizes every instant of existence, even those of great misery, as teeming and sundry." (Joiner, 2017)

“...writing involves all aspects of the self: intellectual, physical, emotional and spiritual. Thus, our approach to teaching **writing is holistic**. We advocate stepping back from the mechanics of writing and invite writers to examine questions such as: Who am I? What are my values? What are my passions? What is my own experience of the creative process? What does writing mean for me? And only after that: What do I have to say and how do I want to say it?”

(Antonio & Moriarty, 2008, p. 159)

Two Types of Mind

Wandering Mind

- When we are just "thinking" without any explicit goal of thinking in mind
- The mind's running commentary (the voice inside our heads that seems on auto-pilot)
- Recalling memories
- Envisioning the future
- Monitoring the environment
- Thinking about the intentions of others, etc.
- Daydreaming

Attentive Mind

- **Attention defined**
 - The act or state of applying the mind to something.
 - Focus of our energy on a specific object, person, experience.
- Recognizes our role in controlling our mind
- Focuses on the present moment
- Clear about purpose
- Connected to self and one's own intentions
- In writing:
 - Focuses on the audience and purpose of your work

Wandering Mind: Writing Blocks

Work Apprehension

I don't feel like doing this.

Procrastination

I work best until the last minute, or I have plenty of time.

Writing Apprehension

I just don't think I match up to what others can do.

Dysphoria

I'm too depressed to write.

Impatience

I'm not working fast enough

Perfection

What if someone finds a mistake?

Rules

I hate to outline! Why does APA matter?

Attentive Mind

*“The faculty of voluntarily **bringing back a wandering attention, over and over again,** is the very root of judgement, character, and will... An education which should improve this faculty would be the education par excellence.”*

William James, *The Principles of Psychology* (1890).



Attentive Mind in Writing

- Intentional
- Pays attention to your own process (messaging, environment) without judgment
- Use resources to help write:
 - Writing Strategies
 - Organizational Strategies
 - Time Management Tools

Mindfulness Writing Exercises- Journaling

- What to write?
 - Focused Free Write Questions (Stevens, 2019)
 - Understanding Myself as a Writer
 - Who am I?
 - What are my values?
 - What are my passions?
 - What is my own experience of the creative process?
 - What does writing mean for me?
 - What do I have to say?
 - How do I want to say it?

Mindfulness

Writing Exercises- Meditation

- Sit quietly for 10-15 minutes, with or without music before your writing session

“Meditation is a practice where an individual uses a technique – such as mindfulness or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state”
(Walsh & Shapiro, 2006).



Acknowledgements & Thanks



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References & Resources

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