

A close-up photograph of a person's hands writing in a red notebook with a blue pen. The person is wearing a ring on their finger. The background is slightly blurred, showing a patterned shirt.

Creative Writing For Emotional Health

Length: 1-1.5hrs

Delivery modes: Onsite & Virtual Classes; Pre-recorded sessions.

Details: A workshop that shares the joys of writing and storytelling. A creative initiative that works on multiple levels, helping to reduce stress and boost emotional wellbeing.

Writing is well known for its therapeutic properties - helping to ease stress and anxiety. From journaling to blogging, this creative expression is a way to release pent-up emotions. Some [studies](#) show that writing can reduce the intensity of insomnia. This is a wonderful stress relief initiative.

In this workshop, participants will be introduced to:

- Storytelling
- Emotional Expression
- Creative Inspiration
- Finding the Flow State

Connect with WORKBLIS to discuss requirements - hi@workblis.com