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January 22 - February 12, 2021

MIDDLEBURY WRITING CENTER PRESENTS A

Mindfulness Writing Challenge

Mindfulness is the practice of being aware of what you are sensing and feeling in the moment without judgment. Through engaging mindful writing practices, participants will have the opportunity to step away from academic writing and engage in self-reflection, de-stress techniques, and experimentation. The writing center will send short weekly writing prompts to help you get started. At the end of J term, we will come together to share our experiences.

Register Here.

If you have any questions please contact us!

Professor Genie Giaimo

ggiaimo@middlebury.edu

Ericka Perez ('23)

erickap@middlebury.edu

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TO MY DEAR SELF,

Listen and Write!

Mindfulness meditation is a mental training practice that teaches you to slow down racing thoughts, let go of negativity, and calm both your mind and body in order to be fully in the present moment. When we write to notice the present moment, we stimulate ongoing awareness which helps us to communicate our inner and outer experiences. Through Mindful Writing, we don't try to control our feelings or thoughts. Instead, we embody our emotions and experience and then externalize them through writing.

Take a few minutes to meditate before allowing yourself to do a free write about your day.

Walk, Meditate, and Write

Click here for [Walking Meditation](#) Directions


A walking meditation is designed to bring body and mind in sync while we're out and about. And if you don't like to sit and close your eyes to meditate, this is a great alternative practice that still trains the mind in present awareness. Give walking meditation a try by taking a 15 - 20 minute walk (or a longer amount of time!). Once your walk is over, find a comfortable place to write about your experience.

Visualize Your Peaceful Place

Click here for [Visualization Meditation](#) directions

Visualization meditation is a technique focused on enhancing feelings of relaxation, peace, and calmness by visualizing positive scenes or images. With this practice, it's important to imagine the scene vividly and use all five senses to add as much detail as possible.

We invite you to picture a place that brings you peace, fully take it in using your five senses. When you are ready, write all the details that you can about this place.



Write a poem that describes your current feelings.

Writing does not have to be perfect, especially when you are writing for yourself. Tap into your creative side by writing a free verse poem or a structured poem like a haiku, or sonnet. It does not have to be perfect!

DO NOT STOP NOW!

Continue to engage with Mindful Writing Practices

- Present Awareness:
 - Pick a theme for your writing. You can pick a quote, a word or a picture that resonates with you in the moment.
 - For example, you can write about the thoughts, sensations, and perceptions that you are currently feeling.
 - Click [here](#) for more ideas.
- Writing without judgement:
 - Start writing about all the thoughts that are wandering in your mind.
 - Do not think about the mistakes you have made be it spell errors, punctuation and so on.
 - This exercise is great to give your creativity a boost.
- Reflection:
 - Practice writing in your journal a few times a week as a form of self- reflection.
- Loving- Kindness Meditation :
 - Click [here](#) for helpful verses that you can copy onto your journal to be more kind and loving toward yourself and others.

Middlebury College Writing Center

We are here to support you!