



# Writing for Wellbeing: 7 Little Words

You might be thinking, “Seven little words? How can that help my wellbeing?” Well, I’ll show you!

## **What is 7 Little Words?**

7 Little Words is a tool used in writing for wellbeing classes. It helps you connect with yourself and your emotions in a fun way. It asks you to think about seven words and see how you can connect them to yourself to help you explore different parts of yourself and enhance your wellbeing.

## **What is writing for wellbeing?**

Writing for wellbeing is a way of intentionally using words for therapeutic benefit. That just means using words to make you feel better and help you process your emotions. It is not the same as therapy; however, some therapists do use writing for wellbeing tools in their sessions.

The beautiful thing about writing for wellbeing is that you cannot write the wrong thing. Everything you write is true to you, and that is the only thing that counts!

What matters is that what you have written means something to you and your emotions, and how it helps you explore what is going on inside and around you.

Ready to give it a try?

Let’s go!

### Step one

Write down the first word you think of in response to each of the categories below:

Category 1: A precious material or stone

Category 2: A season

Category 3: A colour

Category 4: A household object or tool

Category 5: An animal

Category 6: A country

Category 7: Something that is in the natural world.

For example:

Category 1: A crystal Category 2: Summer

Category 3: Blue Category 4: Kettle

Category 5: Cat Category 6: Spain

Category 7: Air

### Step two

Now go through each again and add "I am" or "I am a" or "I am the" before the title word.

For example, my household object was "kettle", so I might write, "I am a kettle."

### Step three

Take each of the words you have chosen, and for each one, write two things about yourself that you can associate with each word.

For example, I chose summer as my season. I might write:

"I am summer. Like the sun. Spreading ways of light wherever I go."

Once you have done the first one, go through your initial list of seven words and do the same for each one.

You will end up with seven short passages of writing.

### Step four

Once you have finished, take some time to reflect on your experience.

How did it feel for you? First, think about the experience of doing the activity, rather than what you wrote. What was it like for you to sit down and do the activity?

Do you feel lighter or heavier (emotionally) than when you started? You might feel the same - that is okay! Is the activity something you would like to do again?

### Step five

Once you have finished your reflections about the process, reflect on what you wrote. You might want to try answering these questions:

Is there anything that surprised me about what I wrote? Is there anything I would like to share with someone else? How do I feel when I read the words back to myself? Do I need any extra support to help me with how I feel? You can do this activity as many times as you like. If you would like to share what you came up with, we would love to hear. Let us know by commenting below.

If you experience any difficult thoughts or feelings while doing this. Please contact the team [here](#).

Aisha