



Inkpots' journaling course (over four weeks)

Outcomes – understanding how a form of journaling/regular practice can help with stress and anxiety. How it helps build a creative habit. Inspire and support aspirations. Personalised mental health tools and development of team work.

Week one. What's it all about?

What happens to our brains when we get stressed? What then has happened to us during the past 18-20 months? How a writing practice helps and the science to back this up. Explain the journaling can be a key part of supporting wellbeing.

The history of journaling – all the authors who visit Inkpots keep notebooks of some kind.

The benefits to you of keeping a journal.

Buying your own notebook – things to think about

Week 2. Gather your tools

Starting small. Create a schedule.

Look at setting up the journal and your use of it. Ways in which it can be divided and how you can customise the notebook.

Pens to use/tape/ pictures/customisation

How to use a journal to develop a positive mindset.

Your own boundaries with your notebook

Week 3. Your journal, your way

How to use inspiration

*Bullet journaling *Dream journals *Prompt journals *Year journals *Success journal * TLC (thanks, learn, connect)

Zen tangling – and other doodles

References/inspirations/creative developments

Week 4. Planning for the future

How this practice can help you in the future

Sharing your information at the right time for you

Great journals/quotes to inspire

Setting targets

Achievement notes

Independent challenges to support journaling practice.

The cost of this programme is £545 and is delivered online via Zoom, Teams or Skype. Please contact Gill Pawley via email at gill@inkpots.org or call 07771 231563 to discuss your school's requirements.

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