

+ · Creative-Expression in Covid Times

Racquel "Roc"
Author & Poet

1

Importance of Creative Expression

- Understand ourselves and our emotions
- Can improve our mood
- Can reduce anxiety
- Positively impact cognitive health

References

<https://www.medicalnewstoday.com/articles/320947.php>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2804629/>

<https://www.psychologytoday.com/ca/blog/arts-and-health/201512/creativity-wellness-practice>

<https://www.psychologytoday.com/intl/blog/the-athletes-way/201310/einsteins-genius-linked-well-connected-brain-hemispheres>

<https://www.forbes.com/sites/ashleystahl/2018/07/25/heres-how-creativity-actually-improves-your-health/#171a97eb13a6>

2

Poetry by Roc

Torn and R.E.S.I.S.T

3

Writing Exercise

- Grab a pen and paper
- Think about your fondest memory, who is it with? How does it make you feel? Why is this core to your identity?
- How would others describe you?
- What else is core to your identity? Who are you?
- Example: College Student

4

Writing Tips:



Find a distraction free location



Know your peak times



Do not edit yourself until you finish writing all the way through



When possible, tell a story



Be authentic

5



Option 1: Bio Poem

(Line 1) First name

(Line 2) Three or four adjectives that describe you

(Line 3) Important relationship (e.g., daughter of ..., friend of ...)

(Line 4) Two or three things, people, or ideas that you love

(Line 5) Three feelings you have experienced

(Line 6) Three fears you have experienced

(Line 7) Accomplishments (e.g., who won . . . who performed . . . who learned . . .)

(Line 8) Two or three things you want to see happen or want to experience

(Line 9) Last name.

6

Bio Poem: Example

(Line 1) Roc

(Line 2) Mother, Friend, Wife, Poet

(Line 3) Daughter of Alice

(Line 4) Who loves poetry, traveling, and laughter

(Line 5) Who feels happiness, excitement and hope

(Line 6) Who fears instability, loss, and sickness

(Line 7) Who graduated from a university.

(Line 8) Who would like to see more of the world and my children grow into great young adults.

(Line 9) Last name.

7



Option 2: I Am Poem

1st Stanza

I am _____

I wonder _____

I hear _____

I see _____

I want _____

I am _____

2nd Stanza

I pretend _____

I feel _____

I touch _____

I worry _____

I cry _____

I am _____

3rd Stanza

I understand _____

I say _____

I dream _____

I try _____

I hope _____

I am _____

8

+ •

Option 3: Acrostic Name Poem

Ready to write, it's her greatest love.

Openness with the stroke of pen.

Can't stop her when she begins writing.

Or

Respectful

Open

Caring

9

+ •

o

How is this college- related?

- Self Expression-Mental Health
- ENG or Creative Writing courses
- Brainstorming option for scholarship writing to get your mind going

10