

# How Do You Express Feelings

## Writing Therapy

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This can be done as simply as sitting down and writing from prompts to sitting with a therapist or in a group; choose what works best for you! Writing therapy is a great way to create personal growth and to feel a sense of empowerment which will intern improve your mental health. This type of therapy can help everyone but specifically is great for people who are dealing with post traumatic stress, depression, anxiety, chronic illness and grief/loss.

Here is a list of a few prompts to get you started;

- write a letter to yourself
- write a letter to someone specific
- write a poem
- mind map
- write about where you are in life
- maintain a log of successes

## Expressive Art Therapy

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If writing is not for you or you think you just want to try something totally different then maybe expressive art therapy is your jam! These do not need to be going taking a class on any of the different forms is can simply be done my yourself at your home using your own creativity and emotions.

- dance
- music
- poetry
- painting
- making a forgiveness box
- craft your guardian angel or make a dreamcatcher
- collage

# Journal Writing Prompts

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Talk about your day	Things that you are grateful for today	Describe a goal
What advice would you give to someone going through a hard time	What do you need right now	Think of a situation that you didn't like or didn't like how you reacted and write down ways to improve it

## Let me know if you want more!!

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If you want more tips or just need to talk through some specific goals your trying to achieve do hesitate to sign up for a free discovery call with Amy Elizabeth Wellness

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