



Healthy Body, Healthy Mind



## Poetry Matters

**Words are my joy.** Poetry for me is one such joy. To dance with words in unexpected ways is one simple path of **PLAY**. Never written a poem before? The thought scares you? No worries- through **PLAY** tools the mystery and fear of the unknown evaporates.



**Poetry begins in our language.** Capturing it is a technique practiced through experience. It arises in a discovery of stillness physically and mentally and with repetition allows us to bring forward **our voice** in words. Given a creative space, poetry emerges deep within us. Its surprises often reveal an understanding that has previously been hidden. It is a discovery that shows us to our self.

Turn **your words into poems** that speak to you, for you. Through practice and re-imagining story, poetry is a tool of creation, magic, and exploration of both inner and outer landscapes.

**At its core poetry is a window;** a discovery into the world around us, past and present. Given a creative space poetry emerges from deep within us. Its surprises often reveal an understanding that has previously been hidden.

**Poetry speaks to our inner landscape of who we are and gives us voice.** Poetry is a *low cost mental health tool*. Discovering its simplicity instills a practice, and provides skills that last a life time. Our ability-to-respond is reflected back to us through our actions, behaviours, attitudes, and beliefs. How we respond is how we witness our lives. What is reflected—is a microcosm of the whole—and how we act today affects all our tomorrows. **Poetry is a gift for our future health and wellness.**





## Poetry Matters *continued*

### Who Writes?

- As children we often discover the magic of creation with words in story orally and graphically. Poetry was—*once upon a time*—a practise of preservation both culturally and traditionally. It is today, but less imagined by our children or us
- Through practice and re-imagining story, poetry is a tool of creation, magic, and exploration of both inner and outer landscapes

### What is Poetry?

- **At its core poetry is a window.** A discovery into the world around us, past and present
- Poetry is a lens to view the inner and outer landscapes of ourselves and the world around us

### When Poetry Happens?

- Poetry happens when individually and collectively we are given opportunities to consider, contemplate and create environments of exploration
- Given a creative space poetry emerges from deep within us. Its surprises often reveal an understanding that has previously been hidden

### Where Poetry Emerges?

- Poetry arises in a discovery of stillness physically and mentally
- Poetry begins in our language. Capturing it is a technique practiced through experience

### Why Poetry Matters?

- Poetry speaks to the inner landscape of who we are and gives us voice
- **Appreciation and creation conjures up a life-long practise**

### How Poetry Works?

- Poetry is a **low cost mental health tool**. Discovering its simplicity instills a practice, and provides skills that last a life time
- Our ability-to-respond is reflected back to us through our actions, behaviours, attitudes, and beliefs. How we respond is how we witness our lives. What is reflected—is a microcosm of the whole—and how we act today affects all our tomorrows. **Poetry is a gift for our future health and wellness**

