

WRITING FOR WELLBEING:  
**LIST POEMS**



# WHY WRITE LIST POEMS?

Writing poetry can have many therapeutic benefits, and List Poems are a form of poetry available to everyone - including you! Writing List Poems can improve your wellbeing by:

- **Organization of Thoughts:** Creating a list poem requires you to organize your thoughts and ideas. This process can help you gain clarity on your feelings and experiences, making it easier to understand and manage them.
- **Mindfulness and Focus:** Crafting a list poem often involves paying close attention to details. This mindfulness can help you stay in the present moment and foster a sense of calm.
- **Emotional Expression:** List poems provide a structured way to express a range of emotions. You can list things that make you happy, things that make you sad, or things you're grateful for, allowing you to explore and communicate your feelings.
- **Catharsis:** The act of listing can be cathartic. It allows you to release pent-up emotions, worries, or anxieties in a structured and manageable way, which can be therapeutic.
- **Reflection and Self-Discovery:** List poems can serve as a tool for self-reflection. When you list your experiences, memories, or aspirations, it can lead to greater self-awareness and personal growth.
- **Stress Reduction:** The process of making lists can be calming and reduce stress. It allows you to externalize your thoughts and put them into a structured format, which can be soothing.
- **Creativity and Insight:** The repetitive nature of list poems encourages creativity and facilitates insight. By using the same sentence stem many times, new ways of approaching a problem or difficulty are given space to emerge.
- **Time Capsules:** List poems can serve as time capsules, capturing a snapshot of your thoughts, feelings, and experiences at a particular moment in your life. Reflecting on these poems in the future can be a valuable exercise.



## POETRY FOR WELLBEING PROMPT: **I NEED**

All human beings have needs that must be met in order to feel okay. Feeling better often involves identifying the unmet needs you have and finding ways to satisfy those needs. Write a list poem beginning I NEED to explore what may be missing for you at this point in time. Write at least 10 lines.

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I need

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REFLECTION - Do you see any patterns in your needs (e.g., freedom, achievement, connection)? What is one small thing you can do right now to meet one of your needs better? Who could be a safe person to share your needs with?

Date:

## POETRY FOR WELLBEING PROMPT: **SAYING NO**

Recognizing what you don't like or want in life is crucial for healthy boundaries. Think of boundaries as your personal protectors, guiding you toward what's right and safe for you. Write a list poem beginning I DON'T WANT to identify where and when you may need to get better at saying 'no'. Write at least 10 lines.

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I don't want

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REFLECTION - Do specific emotions or memories surface when expressing what you don't want in your life? What do these reveal about your boundaries? What do you need to practice saying NO to in your daily life and relationships?

Date:



# POETRY FOR WELLBEING PROMPT: **GLIMMERS**

Even in difficult times, life can be full of tiny joys, hidden gems of goodness waiting to be noticed. It's easy to miss them, but these sparks hold the power to light our way. So, let's pay attention! . Write a list poem beginning THE BEST THING IS to celebrate what lights you up inside. Write at least 10 lines.

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The best thing is

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REFLECTION - What do you notice as you shift your attention to the positive? How does it feel inside to focus on the things that bring you joy? How might you bring more of this positive energy into your daily life? Who can you share these moments of joy and delight with?

Date: