



'Therapeutic writing and drawing can become a way of life for children. A regular practice for staying centred in the face of life challenges, and the winds of change.' (Lucia Capacchione)

VISUALISATION:

We can use the process of visualisation to help us build our self-esteem.

- Close your eyes and imagine yourself or others as you want them to be.
- *Imagine your family is happy and at peace. Imagine yourself being as you would like to be.*

"When Carol gets tired and worried, because her baby always seems to be so upset, she closes her eyes and allows herself to imagine a Carol who is a warm, caring, capable mother, a Carol who knows, deep inside, that she has every right to be the mother of this child, who has every right to be tired and will give herself the rest she needs".

Journal exercise:

1. *With your dominant hand, draw or write what your current challenge is as a parent.*
2. *Write how you feel with your non dominant hand.*
3. *Write what you want to happen in your life with your non dominant hand.*
4. *What would help or support you for this to happen?*
5. *What new insights do you have?*