

Top Tips.

Morning Pages.

In the book, **The Artists Way** by **Julia Cameron**, it is stated that a tool called 'Morning Pages' is practised by many people. The activity uses writing as a way to release inner chatter and to obtain more consciousness throughout the day.

Have a go!

Take a pen and some paper, then begin jotting down anything that comes into your mind.

There is no wrong way to do morning pages, just write down anything and everything that pops into your mind.

"I have got to make dinner later, what do I need from the shops?"

This could be an example of a thought that you write down.

Release your inner chatter

It is important that, before we embark on any relaxation activity, we release our inner chatter. Writing is a great way to get things down on paper and to collate your thoughts.

The activity "morning pages" is consciousness writing and can be done in the morning or before any relaxation exercise.

Morning pages helps us clarify, brings comfort and helps to prioritise the day at hand. Do not over-think morning pages, it's a process to clear your mind!

Park your thoughts

No one else will see what you are writing – it is for your eyes only!

Once you have all your thoughts down on paper, your mind should be chatter free! Make sure you park your thoughts, for example, place them away from you or pop them in your pocket.

After you have finished your relaxation activity, you can go back to your thoughts.