

THE OTR BOOK

GENERATING IDEAS!

~ Write a quick-fire haiku to get creativity flowing, based around 'self-care'. Haiku poems consist of 3 lines. The first and last lines of a Haiku have 5 syllables and the middle line has 7 syllables, and the lines rarely rhyme.

~ Thinking of or listening to a song which has helped uplift you or got you through a tough time, or even a 'happy place' song - be inspired by the lyrics of the song and write, draw, paint or photograph something.

~ Think of some word associations by using the Resilience Lab ['wheel of life'](#) to pick out which words mean 'wellbeing' for you? Think of associated words and see if you are inspired by what comes up.

~ Choose a word you associated with 'self-care', such as 'boundaries'

1. Write it down at the top of a page of paper

2. Set the timer for two minutes

3. Write down whatever words come to mind during that time.

Do not edit. Just write. This list making produces a wealth of raw material, words that are already visual images and words with potential to take content deeper. Then think of images that spring to mind. "Boundaries" can translate into maps, fences, birds on a wire, fish swimming in schools, migration patterns and military intervention.

~ Vision board-making with magazine collage inspired by 'self-care' - might be images of nature, soothing colours, a phone for calling/texting etc.

~ Try some blackout poetry! Blackout poetry is when a page of text--usually an article from a newspaper-- is completely blacked out (coloured over with permanent marker so that it is no longer visible) except for a select few words. When only these words are visible, a brand new story is created from the existing text.

~ You can be as abstract and mysterious as you like - it's personal to you like your self-care and wellbeing toolkit.