



# THE POETRY ADVENTURE: CREATING HEALTH AND HAPPINESS THROUGH WORD ART

WELLNESS WEDNESDAY  
DECEMBER 6, 2023  
NANCY HORNER

*“FAITH IS TAKING THE FIRST STEP EVEN WHEN YOU DON’T SEE THE WHOLE STAIRCASE.”*

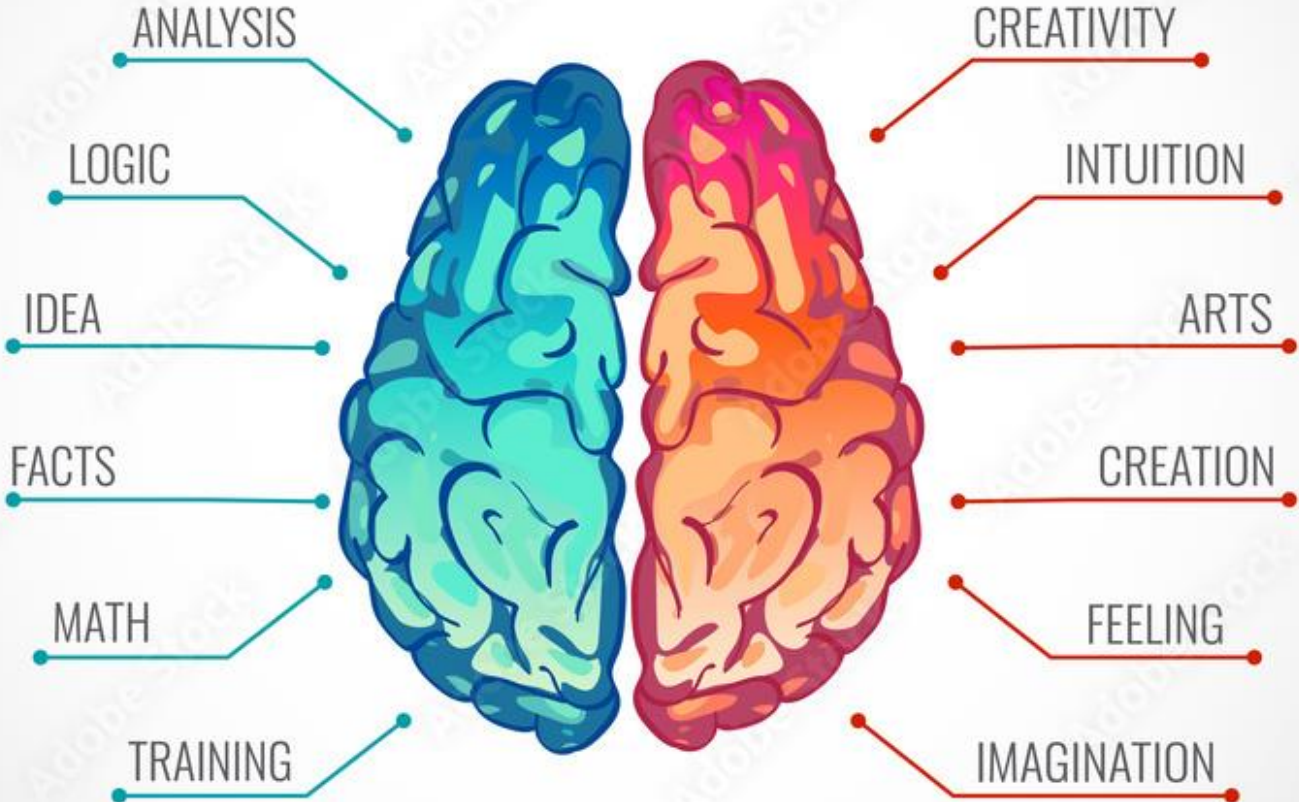
---- MARTIN LUTHER KING, JR.

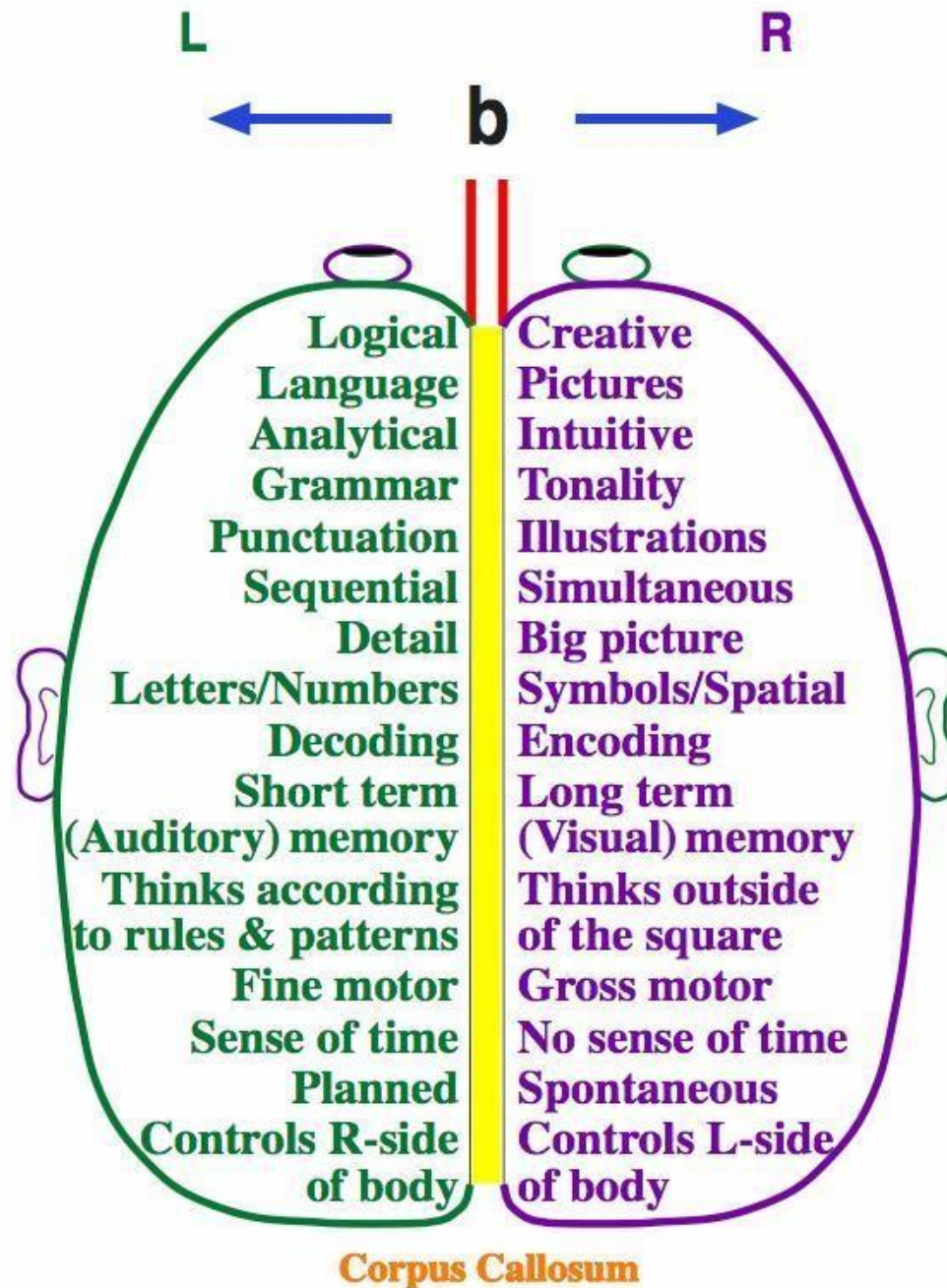


# BENEFITS OF POETRY

- ❖ REDUCES ANXIETY AND DEPRESSION IN CANCER PATIENTS, DEMENTIA, PALLIATIVE CARE
- ❖ HELPS DEMENTIA / ALZHEIMER'S PATIENTS AND THEIR CAREGIVERS
- ❖ PROMOTES TRAUMA RECOVERY IN CHILDREN, ADOLESCENTS, VETERANS, ADULTS OF ALL AGES
- ❖ LOWERS BLOOD PRESSURE, HEART RATE
- ❖ DECREASES FEAR, SADNESS, ANGER, WORRY, AND FATIGUE
- ❖ BOOSTS MEMORY, CREATIVITY, OPTIMISM

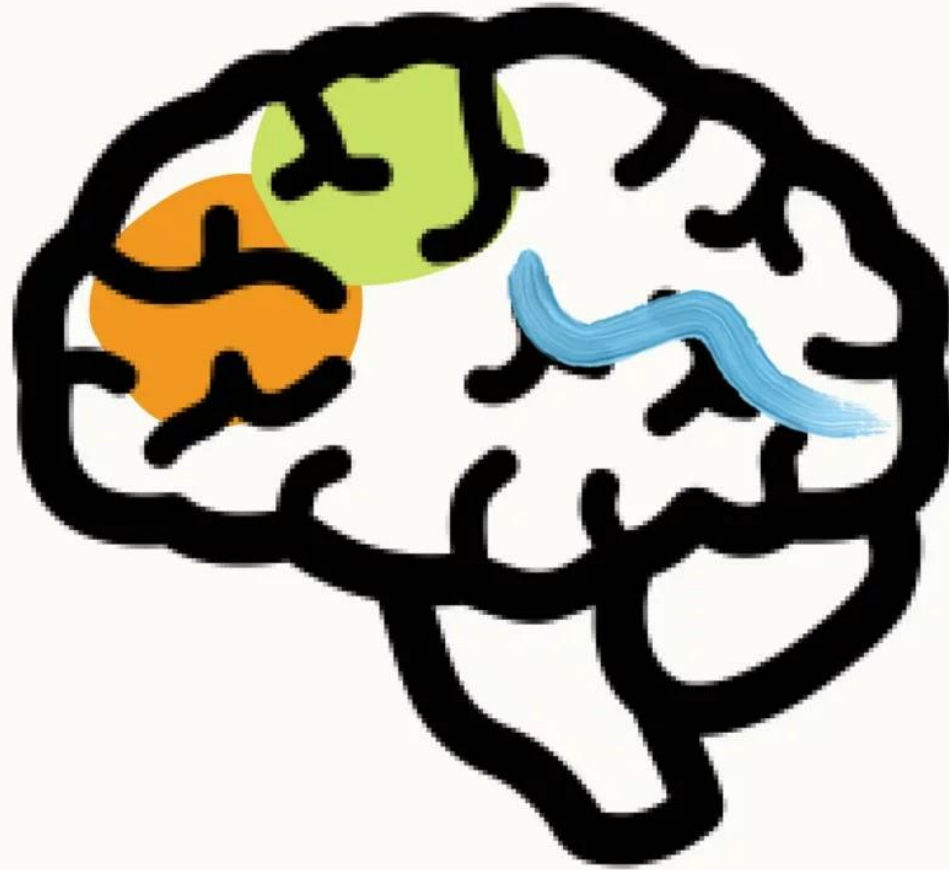
# LEFT vs RIGHT BRAIN





**Corpus Callosum**

Writing poetry increases activation in your **medial prefrontal cortex**, which aids emotional regulation and processing social information.



Poetry writing decreases activation in your **dorsolateral prefrontal cortex**, and **intraparietal sulcus** allowing for increased spontaneous creativity.

CHRISTIAN DAVENPORT

ABC NEWS: THE HEALING POWER OF POETRY

MENTAL HEALTH AWARENESS MONTH,

MAY 23, 2023

GOOD MORNING AMERICA



# SILENCE THE INNER CRITIC

- ❖ WHOSE VOICE ARE YOU HEARING?
- ❖ FOCUS. YOU CAN SPEND YOUR WHOLE LIFE TALKING TO YOUR INNER CRITIC. INSTEAD, SPEND YOUR TIME LOST IN CREATION.
- ❖ FOCUS CREATES FLOW.
- ❖ FLOW IS A STATE OF MIND IN WHICH A PERSON BECOMES FULLY IMMERSED IN AN ACTIVITY.
  
- ❖ “IF YOU HEAR A VOICE WITHIN YOU SAY YOU CANNOT PAINT, THEN BY ALL MEANS PAINT AND THAT VOICE WILL BE SILENCED.” ..... VINCENT VAN GOGH

# Getting Started

- IT DOESN'T HAVE TO RHYME. THERE ARE NO RULES.
- WRITE WITH YOUR HAND.
- READ IT ALOUD. LISTEN FOR RHYTHM, PACING, FLOW. IT'S WORD MUSIC.
- ACCESSING FEELING AND MEMORY.....
- COME TO YOUR SENSES: SMELL, TASTE, TOUCH, SOUND, IMAGES
- UNTYING THE KNOT

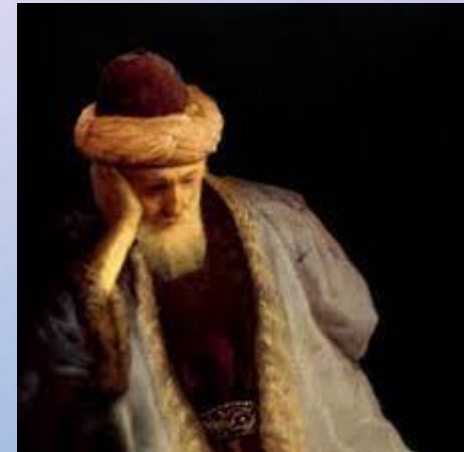



# PLANT A SEED



- ❖ Your favorite childhood toy
- ❖ A message to someone you love
- ❖ The happiest day of your life
- ❖ An anger you still carry
- ❖ The person you miss the most
- ❖ The most beautiful thing you have experienced
- ❖ The song that makes you cry
- ❖ The place you want to go
- ❖ A time you heard from God
- ❖ The secret part of yourself
- ❖ A conversation with your sadness
- ❖ What you want the most
- ❖ Your message to the world

Don't be satisfied with stories,  
how things have gone with others.  
Unfold your own myth.  
---Rumi



A portrait of Joy Harjo, a Native American poet, sitting against a textured, light-colored wall. She has long, dark hair and is wearing a red button-down shirt and blue jeans. Her right hand is resting on her knee, showing intricate tattoos and a watch with a turquoise face. She is looking directly at the camera with a slight smile.

**JOY HARJO**  
FIRST NATIVE AMERICAN POET  
LAUREATE OF THE UNITED STATES,  
2019 – 2022 (3 TERMS)

- JOY HARJO ENCOURAGING NEW WRITERS

## *Blade Runner.* Death of a Replicant

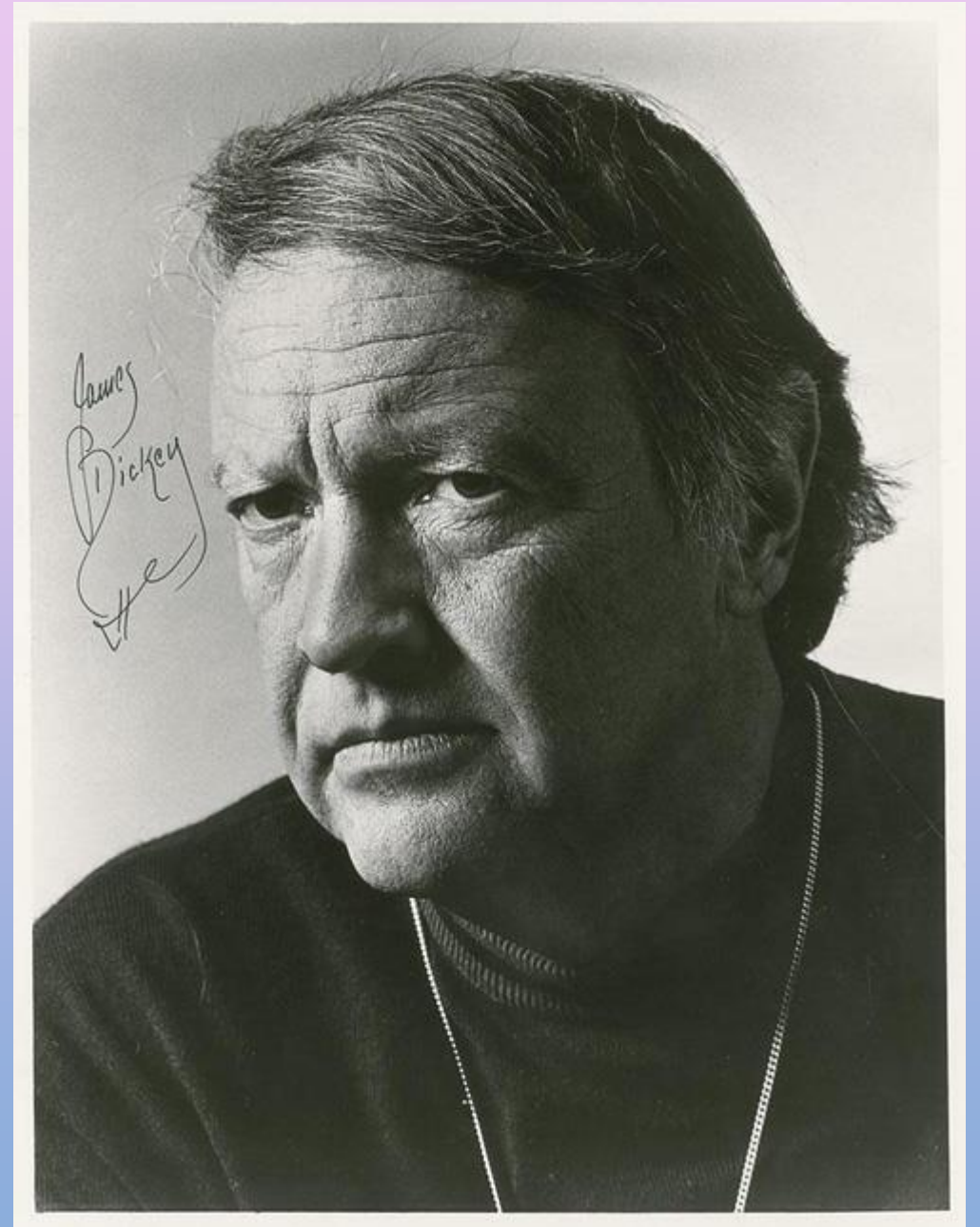
### ROY BATTY SCRIPT

- I'VE SEEN THINGS... SEEN THINGS YOU LITTLE PEOPLE WOULDN'T BELIEVE. ATTACK SHIPS ON FIRE OFF THE SHOULDER OF ORION BRIGHT AS MAGNESIUM... I RODE ON THE BACK DECKS OF A BLINKER AND WATCHED C-BEAMS GLITTER IN THE DARK NEAR THE TANNHÄUSER GATE. ALL THOSE MOMENTS... THEY'LL BE GONE.

### RUTGER HAUER'S RE-WRITE

- I'VE SEEN THINGS YOU PEOPLE WOULDN'T BELIEVE. ATTACK SHIPS ON FIRE OFF THE SHOULDER OF ORION. I WATCHED C-BEAMS GLITTER IN THE DARK NEAR THE TANNHÄUSER GATE. ALL THOSE MOMENTS WILL BE LOST IN TIME LIKE TEARS IN RAIN. TIME TO DIE.

Find your own way — a secret way that just maybe you don't know yet — to open yourself as wide as you can and as deep as you can to the moment, the *now* of your own existence and the endless mystery of it.



# Poetry Prizes



- ❖ Rattle Contest (\$15,000 top prize)
- ❖ The Best Poetry Contests (217 contests in 2023, with prizes)
- ❖ 20 Free Poetry Contests

An Artist's Way Program for Retirees and Other Creative Souls

# It's Never Too Late to Begin Again

Discovering Creativity and Meaning  
at Midlife and Beyond

Julia Cameron

bestselling author of *The Artist's Way*

with Emma Lively





## Writers Studio

Public

Discussion Group

You're a member

Leave

This group is a nurturing and encouraging haven for aspiring and experienced writers to share their writing endeavors. All genres are welcome: micro-fiction, poetry, excerpts, quotes, etc.

“Whenever you are fed up with life, start writing: ink is the great cure for all human ills—as I have found out long ago.” C.S. Lewis



<https://community.seniorplanet.org/groups/writers-studio/>



## Robin Williams on Poetry



# STOPPING BY WOODS ON A SNOWY EVENING

## ROBERT FROST

- STOPPING BY WOODS ON A SNOWY EVENING



“The figure a poem makes. It begins in delight and ends in wisdom. The figure is the same as for love.”

- Robert Frost

# Resources



1. [Poetry Therapy for Alzheimer's Patients](#)
2. [7 Reasons Poetry is Good for the Brain](#)
3. [Poetry's Healing Power](#)
4. [FMRI Imaging Reveals Poetry is Like Music to the Mind](#)
5. [More Than Words: Why Poetry is Good for our Health](#)
6. [How Poetry Brightens the Brain and Improves Your Memory](#)
7. [The Human Brain is Hardwired for Poetry](#)
8. [The Emotional Power of Poetry](#)
9. [The Healing Power of Poetry](#)
10. [The Personal Benefits of Writing Poetry](#)
11. [123 Best Poetry Prompts and Ideas to Spark Creativity](#)
12. [How to Write a Poem: a Step by Step Guide \(Grammarly\)](#)
13. [How to Write a Poem, Step by Step \(Writers site\)](#)