

Writing: born of frustration

by Alex McEwan

"I write so I can hear myself think" this resonated a lot with me. Getting everything out, downloading it onto a page in any form from free writing to doodling to mind-map, often my head feels cluttered and it is an act of self-care to take the time to have a mental clear out. Writing or drawing is taking the time to listening to myself. Often the unsaid, the underlying issue will, out itself far more readily on the page than in any other format and more often than not it is a surprise to hear what is really at the core of an emotion or challenge.

