Course Title: Mindfulness and Creative Writing
Course Code: WELL 04
Instructor: Kelly McGonigal and Ammi Keller

Course Summary:

Creative writing, contemplative practice and connecting with others are three ways to access joy, including during difficult times. During each of five 90-minute weekly sessions, we will pair contemplative practices with guided writing done in community.

Contemplative practices and themes include: intention and reflection, attention and awareness, appreciation and gratitude, and loving kindness and compassion. After learning about and trying on a practice, participants will be introduced to an approach to creativity and write together following a set of prompts. Participants will also acquire tools for mindfully sparking creativity in writing and in other areas of life including “scratching” (brainstorming), freewriting, and flexibility of perspective, as well as tools for harnessing the senses and the body as tools for self-expression. At each session there will be an option to share and/or practice mindful listening in small groups or in the larger group in service of our common humanity.

The course goals include creating a bridge between mindfulness and creativity, helping participants build resilience, and fostering a community devoted to authenticity, kindness and serious play. Each participant will leave with five (or more) new pieces of writing, several contemplative techniques they can continue to practice after the class ends and the experience of having been part of a community with likeminded others from around the globe.

*Please see course page for full description and additional details.

Grade Options and Requirements:
- No Grade Requested (NGR)
  - Due to the short duration of the course, this is the only available grade option. No work will be required; no credit shall be received; the course will not appear on official transcripts.

Zoom Schedule:

This course will meet live via Zoom videoconference for 90 minutes on Tuesdays starting 4 pm PT/5 pm MT/6 pm CT/7 pm ET.

Please contact the Stanford Continuing Studies office with any questions
365 Lasuen St. Stanford, CA 94305
continuingstudies@stanford.edu
650-725-2650
These class sessions will be recorded in case you need to miss any sessions.

**Tentative Schedule:**

**Week 1:** Inspiration is Everywhere

**Week 2:** Celebrating Connection and Interdependence

**Week 3:** Haiku and Presence in the Moment

**Week 4:** Empathy and Imagination

**Week 5:** Memory and Hope