

## **Creative Writing and the Brain**

At one time it was thought that the right brain was primarily responsible for creativity, the arts and emotions, the left brain responsible for logic, linear thinking and facts. With the advances in neuroscience, it has been proven that the two sides are communicating with each other more than originally thought. The brain is more like a great symphony orchestra where every part works in concert with the whole.

The creative arts: painting, music photography and writing help stimulate the inner workings of the brain and keep the various areas talking to each other. Creative writing is one of the clearest examples of this. Our language comes primarily from the left hemisphere and our images – the visual ones at least -- come more from the right hemisphere. In all stages of writing, both hemispheres are fully on-line and in communication with each other.

### **Brain Lobes (Cerebrum in specific)**

There are four functional regions called lobes in each half of the cerebrum of brain, the *frontal* lobe, the *parietal* lobe, the *temporal* lobe and the *occipital* lobe. For any form of writing, general or creative, these regions are activated in the brain: parieto-temporal regions are associated with language processing, the frontal lobe controls cognitive skills, such as emotional expression, problem solving, memory, language, and judgment. the temporal lobe involves language and comprehension of sentences and auditory processing of language. The occipital lobe is responsible for visualization. As with any neuroplasticity, *repetition* leads to the re-wiring that is sought after. The more that the brain creatively writes, the more all these parts of the brain continue to re-wire and add to the beauty of the brain's symphony.

Some additional benefits of writing include:

- Stimulate cognitive function & improve memory retention
- Reduce stress
- Improve sleep & create peace of mind
- Improve mood

**With a Stroke of my Pen** writing course is designed to get your brain creating its symphony of words. The writing prompts given each week are designed to encourage the writer to use the senses, feelings and images (the right hemisphere) involved in the memory and transfer those memories on the page (the left hemisphere)

So let your imagination flow freely and open your creative door. Write on!