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workshops

## The Crying Workshop

A timed exercise

by Sho Botham

Crying does not indicate that you are weak. Since birth it has always been a sign that you are alive. So let us all take a deep breath and on the count of three, let it all out. Let your tears fall. Feel them making their way down your face. Take another breath when you need to. And, five, four, three, two, one and stop.

Well done, everyone. What a good start to this short crying workshop. Help yourself to the tissues dotted around the room and then come back into the circle of crying.

Crying can be a very healthy way to get rid of pent-up emotion or even anger. So let's prepare for the Wailing Way exercise. The object of this activity is for you all to feel the anger in your crying this time. Wail your anger out. Wail all your pent-up emotions out into the crying circle. Don't worry about the snotty nose you might get. Just breath in and wail it all out. Keep going. Let all that anger out into the circle. And, five, four, three, two, one and stop.

Crying with laughter is our next activity at today's Crying workshop. Phoebe here is going to demonstrate how to cry with laughter. She how her shoulders shake, her eyes crinkle up, the tears fall from her eyes and her whole body begins to move and shake with her tears of laughter. Okay everyone, are we ready? On three, take a big deep breath and start crying with laughter. Yes, let it all go. Shake it out. Laugh it out. Cry it out. Fall on the floor if you must. Let those tears of laughter go. Enjoy them. Enjoy how alive they make you feel. then begin to wind down. And, five, four, three, two, one and stop.

Crying yourself to sleep is our final activity for today. Here we are all going to lie down on our mats and get ourselves comfortable before Crying ourselves to sleep. Once asleep you will have 20 minutes to relax before being awakened by the crying bell which will be rung quietly. Are you ready? Get yourself onto your mat. Get comfortable and go – cry yourself to sleep everyone. The more effort you put in to crying yourself to sleep the better your sleep will be.

Ting a ling, ting a ling. And, five, four, three, two, one and open your eyes. Wipe your tears away and slowly stand up when you are ready.

Take a few breaths in your own time and reflect on your tears.

Well done everyone. Tonight's workshop in Making Wellbeing Work for You, will be swearing. We hope we'll see you there.