



# More than a *Mother*

An online Reflective  
Writing Workshop  
on Matrescence &  
Wellbeing





*You love your baby. But do you miss yourself?*

Just like adolescence, matrescence is a developmental phase in a woman's life.

And yet, motherhood is expected to arrive fully formed — like the baby you bring into this world.





This is 2-hour gentle, baby-  
friendly online therapeutic  
writing wokshop for women

to *pause, reflect, and*  
*reconnect* with the woman  
you are ARE, and not just the  
*mother* you are expected to  
be.



# Details

**Date: 17th May 2026 (Sunday).**

**Time: 4:00 PM – 6:00 PM IST**

**Mode: Online (Google Meet)**

**REGISTER HERE**

Baby-friendly (camera on/off, interruptions welcome)

Small, safe group (maximum 10 participants)

Handout with exercises and prompts

**Registration Fee: ₹2500 (INR) per participant**

**Participants will leave with:**

Language for what they are experiencing (matrescence)

Four simple writing tools usable in 10 minutes a day

Techniques for emotional regulation through writing

# What is this workshop about?

Led by Dr. Ananya Mahapatra, this workshop offers:

- Understanding matrescence and identity shifts
- Evidence-based expressive writing practices for emotional well-being
- Guided reflective writing exercises
- A psychologically safe, intimate space for mothers

*This is a space to write, feel, and rediscover yourself.*

**No previous writing experience required.**

# Who Is This For?

This workshop is for women navigating:

- Motherhood and professional life
- Identity changes after becoming a mother
- Emotional exhaustion and invisible labor
- Love, guilt, overwhelm, and self-discovery

*All mothers are welcome.*

# About Dr. Ananya

Dr. Ananya Mahapatra is a psychiatrist trained at AIIMS New Delhi, currently in private practice in New Delhi, India.

With over a decade of clinical and research experience across reputed academic institutions, her work has been widely published in national and international scientific journals.

She integrates insights from bibliotherapy and expressive writing research into reflective writing workshops for wellbeing and personal growth.

She is also a published literary writer. Her short fiction and creative nonfiction have appeared in Kitaab International, The Bristol Short Story Prize anthologies, USAWA Literary Mag, Quillmark Magazine, and The Hemlock Journal. She has been shortlisted twice for The Deodar Literary Prize (2023, 2024).

# Testimonials

*“I so enjoyed Ananya’s workshop on how we can use metaphors in our writing for well-being. She offered key ideas and time for writing practice within a short space. A big insight for me is how we can change our metaphors if they are no longer serving us.”*

— Shelagh Doonan, Adult Literacy Coach

*“I found Dr. Mahapatra’s workshop on reflective writing to be engaging, immersive and inspiring. Her prompts were focused and she guided us in a welcoming way. I would recommend her workshops to anyone interested in reflective writing.”*

— Laurie Donaldson, Board Member, Federation of Writers (Scotland)



# Register Here

If you want to know more about the workshop, leave a message at:

[nnyaa09@gmail.com](mailto:nnyaa09@gmail.com)

