

OVERVIEW



Therapeutic writing is a kind of structured journal writing. It is a self-care tool to encourage deeper and clearer reflection, processing, and discovery. Therapeutic Writing can help you heal, grow, and thrive. Each writing prompt is offered as a frame—it's up to you what content is most useful to examine through these frames. In therapeutic writing, the process is more important than the product: it is not about the sentences that you craft on the page but the experience of writing. You can also refer to your journal entries later as a resource—to read what you've written and track your progress.



Therapeutic Writing, like any form of journal writing, is a place where you can have a conversation with the person who knows you best: you. Some people find further healing through sharing their reflections with others. But whether you share your work is up to you. Therapeutic writing is a deeply personal process, so for it to be profound and meaningful just to you is enough.

MANAGING STRESS AND ANXIETY THROUGH WRITING

Writing has been found in many studies to reduce feelings of depression, anxiety, and stress that can come when your body lets you down. Learning to tolerate and decrease feelings of distress can have physical, psychological, and emotional benefits—including improved sleep, reduced bodily expressions of stress (headaches, stomach pain, digestive issues, rapid heart rate, neck and shoulder tension, etc.), resisting catastrophic thinking, developing more rational thought reframing, and de-escalating emotional responses to more manageable levels.



If you are ready, grab a journal and a pen, and start writing with the help of the prompts that we have provided. Take the first step on your healing journey today!

