Why Writing is Beneficial for Mental Health.docx

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Why Writing can be Beneficial for your Mental Health

One of the ways to deal with any overwhelming emotion is to find a healthy way to express yourself. This makes a half an hour a day of writing a very helpful tool in managing your mental health. Here is why:

1. Writing makes you happier
A number of different studies show that writing is great for your wellbeing. For instance, one study out of Southern Methodist University revealed that writing about future goals can actually make you happier. Another study showed that writing down your thoughts in some form of a journal or diary can help those with stressful jobs cope with the pressure.

2. Writing can make you more resilient
Research demonstrates that similar forms of writing out your thoughts and feelings like in a diary can help those coping with stressful situations, like unemployed, a loss of a loved one, a loss of a pet, failing a class or whatever else can happen to bother you. But the thing is, you have to want to write about your troubles for writing to lessen those troubles. Forcing the process to happen may only worsen things, but if writing is an activity that is engaged in naturally, the benefits can be a clearer mind and objective view of a situation.

3. Writing clears your head
Settling your thoughts down is something like writing to closing open browser tabs on your computer. When you feel like your brain has too many tabs open at once, it’s often the result of trying to juggle too many thoughts, worries and tasks at the same time. Writing can be a tool to form to your ideas and gets them out of your head.

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