

WRITE YOUR WAY TO BETTER HEALTH

Journaling and writing for reflection carries many benefits for our physical, mental and emotional health. Here are just a few...

by Hannah Braime

1 IT REDUCES STRESS

Reflective writing gives us a chance to express and process events and situations. As well as being a cathartic act in itself, journaling can help us get new perspectives and solutions for tricky situations.



2 IT IMPROVES MEMORY

Writing things down helps us remember them. When we journal about new understandings and epiphanies, they are more likely to stick for the future.

3 IT PROMOTES SELF-AWARENESS AND MINDFULNESS

...Which in turn promotes happiness and a sense of wellbeing. Journaling encourages us to focus on our present thoughts and feelings.

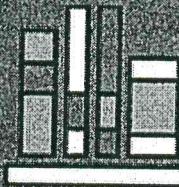


4 IT IMPROVES PHYSICAL HEALTH

Research has suggested that regular journaling strengthens immune cells called T-lymphocytes.

5 IT IMPROVES OUR SENSE OF OPTIMISM

Regular gratitude journaling has been shown to promote greater optimism, enthusiasm and energy.



6 IT IMPROVES OUR PROBLEM-SOLVING ABILITIES

Writing helps us understand complex issues, see patterns and gives us a chance to reflect on solutions.

7 IT ENHANCES OUR CREATIVITY

Journaling is an opportunity for creative self-expression. Regular practice enhances our creativity across the board.



8 IT IMPROVES OUR SELF-DISCIPLINE AND WILLPOWER

Willpower is like a muscle; the more we use it the stronger it gets. Regular journaling gives us an opportunity to exercise and strengthen our willpower.