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WRITER'S NEST

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WRITING AS THERAPY

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Writing is a tried and tested method for coping with and understanding personal crises, depression, anxieties, stress and traumatic events. It assists us to gain distance from the things that cause us distress. All forms of writing can help us to shape narrative from chaos. Therapeutic writing can also help us re-discover our playful selves.

When we suffer it can be hard to think straight. When we can't think straight it is hard to find relief from our suffering. Writing requires us to think straight. Through writing we can find relief from suffering. Of course it's not quite as simple as that – but almost. Through writing we can find the 'story' within our 'situation' and take more control of that story.

Writing therapy is the best value and easily accessible form of therapy. People have used writing as a medium for emotional expression throughout the ages. Coached writing can be our own version of therapy.

Painful memories can have long-lasting effects on our mental health. To truly understand what we feel and think, we need to



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WRITE TO HEAL

- > **Write to take control of the story**
- > **Express your emotions freely**
- > **Improve your well-being**

develop intimacy with ourselves. Our thoughts contain clues as to our needs and longer-term direction. And writing therapy can offer that escape. Writing therapy, also known as expressive therapy can help improve our personal growth and mood over time.

Writing as therapy is slightly different from journaling. When we write in a journal, we focus on



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“TEARS ARE WORDS THAT NEED TO BE WRITTEN.”
-PAULO COELHO

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recording events as they happen. Journaling is usually free form, where we jot down whatever we want, with little or no guidance. Writing therapy, on the other hand, is more directed, and based on prompts or exercises.

When you use writing as a therapy, you don't just write your thoughts and feelings down, but you also think deeply about them and analyse the events (past and present).

Therapeutic writing provides the freedom to express yourself without being judged. It's an opportunity to get everything out so you can see it. If you worry endlessly about life and living it, can't sleep because of stress, or have bottled up emotions for a very long time, directed writing is one of the best ways to improve your emotional well-being.