

Expressive Writing for Health Management Program Summary

Expressing thoughts and emotions through journaling can be healing for body, mind, and soul. Clinical trials show that expressive writing about daily experiences can improve troublesome symptoms of depression, anxiety, pain and fatigue. This guided writing process is an effective tool for health promotion through creating change in our perceptions of illness and health challenges.

Participants will:

- Learn about the evidence for health promotion through writing.
- Learn about the clinical trials and research on meaningful benefits for coping with cancer, asthma, arthritis, cardiovascular disease, and other chronic illnesses.
- Use guided writing stems to improve their self-awareness.
- Try practical applications of expressive writing for problem solving, honing intuition, clarifying health choices, and improving communication.

Program Outline

What is Expressive Writing?
The Clinically Proven Benefits
How Expressive Writing Works to Improve Symptoms
How to Improve Your Working Memory
Using Expressive Writing For Decision Making
Using Expressive Writing for Communication and Conflict Resolution
Develop Your Personal Plan for Daily Guided Writing Exercise