

## Emotional Wellness *Writing to Heal*

For many, the act of writing can help relieve symptoms of depression, resolve feelings of shame, guilt, or loss, and even improve low self-esteem.

When you consider these potential physical and emotional benefits, it's easy to see why you might want to begin writing. Once you have decided to give it a try, picked up a pen or turned on the computer, use these tips to get started.



### Rule #1

There are **no rules** to this type of writing. Grammar, punctuation and spelling are not important.

**Choose a topic, theme, event, or experience** to write about that has meaning for you. Do this before you begin, so that you feel less intimidated by the blank page in front of you, and have a clear

focus on what you want or most need to write about.

**Allow yourself to express your deepest thoughts and feelings** without making judgments about whether what you are writing is right or wrong. When you judge yourself, you begin to edit your emotions and become less honest in what you write.

**You don't have to follow any rules when you are writing.** Grammar, spelling, and punctuation don't matter. What matters is that you write what is true for you and that you are honest with yourself. No one ever needs to read what you write.

**Commit to writing for a specific amount of time three to four days a week.**

When you write regularly, you become more aware of yourself and the world around you. You tap into your emotional side, not just your physical side, and become more open to new experiences and relationships.

**Write in a place that feels comfortable and offers little potential for interruption.** Writing can be done in private or in a public place. Whichever you choose, make sure you are in a place that gives you the best opportunity to connect with yourself.

**Be open to trying different forms of writing.** Writing a story, a poem, a thank-you note, or a letter can be just as healing as journaling. It is the outward expression of how and what we are feeling that makes us feel better.

Through writing, we can heal emotional wounds from the past, renew our sense of well-being for the present, and improve our health for the future.

Visit [www.HillPhysicians.com](http://www.HillPhysicians.com) to view or download the *Writing to Heal* video, plus other audio and video podcasts. You can also find tools and information to help you manage your health, learn more about the benefits of membership with Hill Physicians, and start your free subscription to **Hill HealthE-news**.

### Rule #2

This is for you. You don't need to show it to anyone, so you don't need to worry about how others may perceive you.