

LIFE IN YOUR 20s: MANAGING ISSUES AROUND LIFE TRANSITIONS AND IDENTITY THROUGH THERAPEUTIC WRITING

A Patient Tool



OVERVIEW

Therapeutic writing is a kind of structured journal writing. It is a self-care tool to encourage deeper and clearer reflection, processing, and discovery. Therapeutic writing can help you heal, grow, and thrive.

- Writing prompts are offered as frames—it's up to you to decide which content is most useful to examine through these frames.
- In therapeutic writing, the **process** is more important than the product: not the sentences that you craft on the page but the **experience** of writing.
- You can also refer to your journal entries later, as a resource, to read what you've written and track your progress.
- Therapeutic writing, like any form of journal writing, is a place where you can have a conversation with the person who knows you best: **you**.
- Some people find further healing and insight through sharing their reflections with others. But whether you share your work is up to you. Therapeutic writing is a deeply personal process, so for it to be profound and meaningful just to you is enough.

MANAGING STRESS AND ANXIETY THROUGH WRITING

Writing has been found in many studies to reduce feelings of depression, anxiety, and the stress of transitioning into adulthood, grappling with your sense of identity, comparing yourself to others, and considering your many options. Learning to tolerate and decrease these feelings of distress can have physical, psychological, and emotional benefits—including improving sleep, reducing bodily expressions of stress (headaches, stomach pain/digestive issues, rapid heart rate, neck and shoulder tension, etc.), resisting catastrophic thinking, developing more rational thought reframing, and de-escalating emotional responses to more manageable levels.

If you are ready, grab a journal and a pen and start writing with the help of the prompts that we have provided. Take the first step on your healing journey today!



