



Quincy MTK owner Quincy Davis and Laura Rubin. (Courtesy Photo)

AllSwell founder Laura Rubin recently hosted a Transformative Writing Work Shop at Quincy MTK in Montauk.

We caught up with Rubin to learn more about the practice, writer's block, her inspirations, and more:

What are some of the benefits of journaling on a regular basis?

LR: As a lifelong journaler I always knew that there was intrinsic value in the practice. When I'm doing it regularly I feel like a better version of myself. But it wasn't until I started AllSwell that I dove into the research. It turns out that journaling even a few minutes a day has multiple positive effects. It's emotionally, mentally and even physiologically good for you. It's been proven to speed wound healing, curb asthma and treat PTSD. The list goes on. But it has to be done longhand, putting pen-to-paper. You don't get the same benefits from typing on a device or computer. There's something about moving your hand across the page that creates specific synaptic connections in your brain.

