

**good
vibes
drive**



SEPTEMBER - EDITION

Mental Health Matters

Scribble out stress



This may come as a surprise, but writing has been proven to help heal not only your mind, but your body too!

From managing emotions to physical ailments, venting your feelings through creative writing has shown a large connection between the body and mind.

It is thought to reduce stress, lower blood pressure, aid a number of social, academic and cognitive variables, and even influence immune function. Don't believe us?

Try it for yourself!

Write about your thoughts and feelings for 20 minutes, on deeply emotional issues. The only condition: do not stop writing. This activity is called 'free writing', and during the 20 minutes, you must try not to think too much. Do not censor your writing, and don't pause to make structured thoughts.

It does not matter if your writing is grammatically correct, or neat, or if you write 'I don't know what to write' for three lines. Just. Keep. Writing.

Then sit back and read what you wrote.

You may find an emotion lurking you didn't realise was inside you, realise an action you wish to take, or at very least, just feel more relaxed from venting your feelings.