



VeteranCaregiver.com Video Resource

Recommended Resources: Expression through Writing

Definition Expression through writing, also called expressive writing, is the act of writing one's feelings, and emotions down for themselves. To tell one's own story in their own hand and own way without regard for the usual necessary edits (i.e. spelling and punctuation). This freely allows the writer to express thoughts, feelings, and emotions, exactly as they are flowing out from the mind onto the page. Thus, this style of writing often has therapeutic benefits for people who are often isolated such as Caregivers for loved ones.

Resources

Writing Health Benefits http://www.huffingtonpost.com/2013/11/12/writing-health-benefits-journal_n_4242456.html

Write to Happiness http://well.blogs.nytimes.com/2015/01/19/writing-your-way-to-happiness/?_r=1

Writing and Injuries <http://www.scientificamerican.com/article/writing-can-help-injuries-heal-faster/>

Write it Out <http://writeitout.com/>

Video Resources

Journaling as Therapy <https://www.youtube.com/watch?v=l94HBrv-hrU&feature=youtu.be>

Expressive Writing https://www.youtube.com/watch?v=4t4Lf6-td_8&feature=youtu.be

Writing Therapy <https://www.youtube.com/watch?v=EO8ADH0IMpY&feature=youtu.be>

Writing and Trauma <https://www.youtube.com/watch?v=3GyXrKHGzZs&feature=youtu.be>

Quote "Writer's block is just another name for fear." - Jacob Nordby

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