

# The Power of Creative Expression on Paper

## 6 TIPS FOR BEGINNING JOURNALING<sup>1</sup>

- 1 Date your entries.
- 2 **START SMALL** → write for just 5 minutes.
- 3 Ask yourself a question and answer it.
- 4 Set a goal to write 1X OR 2X A WEEK.
- 5 Store your journal in a private place.
- 6 Don't worry about your handwriting → **JUST WRITE!**

Science has proven when people write about what's in their minds and hearts, **THEY FEEL BETTER AND GET HEALTHIER!**



Journaling provides a living history of our lives where we can take note of themes and overlapping patterns, leading to **HEALING, GROWTH AND CHANGE!**

Handwriting offers those who don't wish to talk about their feelings or have no one to confide in **A WAY TO UNBURDEN THEMSELVES, WHILE REDUCING STRESS, FEAR AND ISOLATION!**



Expressive writing promotes self-understanding, **EASES EMOTIONAL PAIN AND AIDS IN PHYSICAL HEALING!**



Expression through the written word can **BUILD TRUST AND BONDS WITH OTHERS** in unthreatening ways that help develop tools **FOR LIVING HAPPIER, MORE STABLE LIVES!**



Handwriting provides these **KEY BENEFITS!**



Writing by hand can make **LEARNING EASIER**



Writing by hand can improve **MEMORY**



Writing by hand in a journal provides greater **EMOTIONAL AND COGNITIVE BENEFITS**



Writing by hand can have **SIMILAR BENEFITS TO MEDITATION**

When **PUTTING PEN TO PAPER**, you have the ability to operate in the past, present and future all in the same time **ALLOWING YOU TO MAKE SENSE OF YOUR EMOTIONS** in a truly unique way?



**Paper & Packaging**  
How life unfolds.

<sup>1</sup> "Pen, Paper, Power! Five Benefits of Journal Writing" by Kathleen Adams LPC, The Center for Journal Therapy (October 2016)

<sup>2</sup> "Expressive Writing: A Path Forward for Your Health" by Jeremy Nobel, MD, MPH (October 2016)