

Sources

-  [Labeling emotions calms the amygdala](#)
-  [Writing plans quiets mental noise from unfinished tasks](#)
-  [To-do lists before bed help you fall asleep faster](#)
-  [Self-coaching by name reduces stress in seven experiments](#)
-  [Using your name drops brain stress signals in one second](#)
-  [Solomon's Paradox: wisdom for others, not ourselves](#)
-  [Third-person journaling improves wise reasoning in a month](#)
-  [Rumination worsens depression \(Nolen-Hoeksema research\)](#)
-  [Life stories shape happiness and health \(McAdams research\)](#)
-  [Healthier writers use more 'because' and 'understand' words](#)
-  [Best Possible Self prompt boosts optimism and happiness](#)
-  [Gratitude once weekly keeps it meaningful](#)