

Sources

-  [Expressive writing accelerated biopsy-wound healing in older adults](#)
-  [Affect labeling reduced amygdala activity during emotional images](#)
-  [Writing about trauma reduced later health-center visits](#)
-  [Expressive-writing methods have been tested in hundreds of studies](#)
-  [Handwriting produced broader theta and alpha brain connectivity](#)
-  [Handwriting increased negative emotion and self-disclosure](#)
-  [Expressive writing improved asthma and rheumatoid-arthritis outcomes](#)
-  [Expressive writing reliably improved PTSD symptoms](#)
-  [Written exposure therapy helped veterans with PTSD](#)
-  [Gratitude letters improved mental health over twelve weeks](#)
-  [Gratitude-letter writing increased neural responses to giving](#)
-  [Paper planning improved recall and hippocampal activity](#)
-  [Handwriting offers cognitive benefits beyond typing](#)
-  [Cursive writing was slower than print](#)
-  [Printing letters activated children's reading circuitry](#)