

Becky's corner: Write to reduce stress

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We all have different strategies for dealing with stress. We need to do what is most constructive and helpful for us and our families.

For me, writing is a great stress-reducer. There's something concrete about getting the words and emotions on paper that allows me to see my stressors more clearly. It also allows me to safely vent my feelings. Writing also provides me with a positive path to try and help others.

For some people, writing can be a little intimidating. But if there was ever a time to try something new, it's NOW!

The beauty of writing -- or *journaling*, as it is sometimes called -- is that it can be as public or private as you want -- and aren't we all searching for a little control?

Journaling allows us to let go of emotions while simultaneously controlling them. We're able to worry less by writing more.

Give yourself a safe space to express your feelings. It is a powerful tool for lowering stress and developing a more resilient mindset. Journaling allows us to let go of emotions while simultaneously controlling them. Once they're on the page, our thoughts and feelings no longer have to be at the forefront of our minds. We're able to worry less by writing more. This can be very good for our health.

Writing has been shown to improve the health of many different people. One of the primary reasons for these positive results is that writing alters memories of stressful events and likely improves how people cope with them. Reviewing old entries may also help us be more reflective and allow a different perspective. They may allow us to learn from the big and small events in our lives.

Writing should not add strain to your life. It's not an obligation you need to fulfill every day. You control when and where. Writing is simply a tool and avenue whenever you need to release tension or make sense of an emotion.

If you've never considered writing, please do so. You have nothing to lose and everything to gain.

You may just surprise yourself!