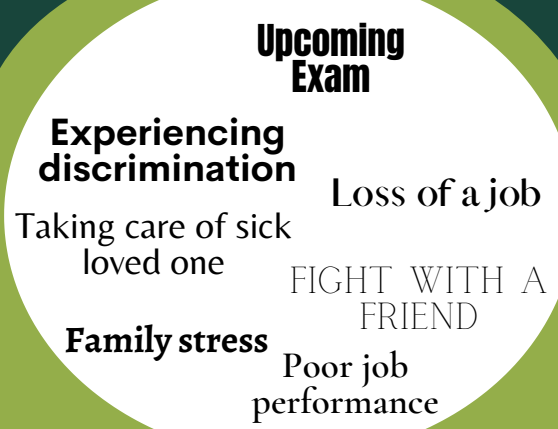


EVER FEEL...

- Like you can't get something out of your mind?
- Like you are worried about something coming up?
- Like you can't forget about something that happened in the past?



Try Expressive Writing

Spend about 5-10 minutes writing as openly as possible about what is bothering you.

Don't worry about spelling, grammar, or sentence structure. This is only for you.

The point is to unload what is on your mind.



WHEN?

This strategy can be used ***before*** or ***after*** stressful events. It turns out, taking some time to write it down could help you free up some mental space.

WHERE?

You can do this anywhere or with any device that allows you to write things down

- Pen and paper
- Typing on a computer
- Typing on your phone



WHY?

This is a simple strategy that anyone can use when they are feeling stressed!

It frees up mental space by making room for positive feelings and may help you focus on tasks without the burden of worrisome thoughts.

ADDITIONAL RESOURCES

- [PSYCHOLOGY TODAY: EXPRESSIVE WRITING LIBERATES THE MIND FROM CHRONIC WORRYING](#)
- [PSYCHOPHYSIOLOGY: THE EFFECT OF EXPRESSIVE WRITING ON THE ERROR-RELATED NEGATIVITY AMONG INDIVIDUALS WITH CHRONIC WORRY](#)
- CHECK OUT THE MSU [CLINICAL PSYCHOPHYSIOLOGY LAB](#) FOR RESEARCH ON THIS TOPIC AND MORE.



Department of Psychology
MICHIGAN STATE UNIVERSITY