

# Quality of Life TIPS & TRICKS

## Do it the 'Write' Way

Since many of us probably haven't touched a journal since our third-grade diary, here are a few of the many benefits of journaling.

- Journaling engages the left, analytical side of our brains, which leaves the right side relaxed and increases creativity.
- It improves working memory.
- It increases our willingness to confront inhibited emotions.
- It decreases symptoms of depression, anxiety, and stress.
- It can assist in setting and achieving more specific goals.
- Expressive writing can boost the immune function.
- And it can make us better writers and communicators.

Also, while you're in the writing habit, try your hand at gratitude journaling—a type that refocuses us on the things for which we are thankful—which not only increases happiness and optimism, but can improve sleep if practiced nightly before bed.



This Wellness Tip was brought to you by the Quality of Life Subcommittee of the Primerus™ Quality Assurance Board and Featured Contributor Nicole Quintana. We also welcome your tips, which can be submitted to Paige Neirman at [pneirman@primerus.com](mailto:pneirman@primerus.com) for publication consideration.