

Quality of Life TIPS & TRICKS

Put it in Writing

Who of us still has “that box” sitting under our bed or up on the top shelf of a closet that contains memories from middle and high school? You lift off the top and see that note, folded meticulously bearing the handwriting of your best friend or crush and all the feelings come rushing back.

It’s just not quite the same when you open an email. In fact, letter writing has a multitude of health benefits. It can help us express gratitude and love toward someone who means a lot to us, which in and of itself boosts our mood. It is cathartic in the sense that it allows us to say things we might otherwise simply hold in. We can craft our words, making the communication more meaningful and heartfelt. We feel less isolated and more connected to others, regardless of how far away they are. It can calm anxiety, improve relationships, keep your mind sharp, keep you off screens for a bit, and give someone a piece of nostalgia that they might keep in a box.

So, take advantage of National Send a Card to a Friend Day and touch base with someone you haven’t in a while. It’s not only a fantastic way to reconnect with someone, but also it’s a secondary marketing touch.



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 for publication consideration.