

## SCIENCE SHOWS SOMETHING SURPRISING ABOUT PEOPLE WHO LOVE TO WRITE

Article Credit: [Mic.com](#)

*No matter the quality of your prose, the act of writing itself leads to strong physical and mental health benefits, like long-term improvements in mood, stress levels and depressive symptoms. In a 2005 study on the [emotional and physical health benefits](#) of expressive writing, researchers found that just 15 to 20 minutes of writing three to five times over the course of the four-month study was enough to make a difference.*

*By writing about traumatic, stressful or emotional events, participants were significantly more likely to have fewer illnesses and be less affected by trauma. Participants ultimately spent less time in the hospital, enjoyed lower blood pressure and had better liver functionality than their counterparts.*

***It turns out writing can make physical wounds heal faster as well.***

*In 2013, [New Zealand researchers](#) monitored the recovery of wounds from medically necessary biopsies on 49 healthy adults. The adults wrote about their thoughts and feelings for just 20 minutes, three days in a row, two weeks before the biopsy. Eleven days later, 76% of the group that wrote had fully healed. Fifty-eight percent of the control group had not recovered. The study concluded that writing about distressing events helped participants make sense of the events and reduce distress.*

*Even those who suffer from specific diseases can improve their health through writing. Studies have shown that people with [asthma](#) who write have fewer attacks than those who don't; [AIDS](#) patients who write have higher T-cell counts. [Cancer patients](#) who write have more optimistic perspectives and improved quality of life.*

*Writers are doing something right.*