

“How Writing Can Help You Through Your Grief”

“Writing Therapy: Using a Pen and Paper to Enhance Personal Growth”

“12 Ideas for Writing Through the Pandemic”

“Journaling for Mental Health”

“5 Ways to Journal Your Way to Happiness”

“The Power of Writing: 3 Types of Therapeutic Writing”

# Writing Therapy Resources

“30 Journaling Prompts for Self-Reflection and Self-Discovery”

“Writing About Domestic Violence”

“55 Powerful Journal Prompts for Depression”

“29 Simple Journaling Prompts for Anxiety”

“Therapeutic Journaling: An Introduction & Guide to Writing for Your Mental Health”

“Writing Prompts for Recovery from an Abusive/Toxic Relationship”