

Sources

 Expressive writing accelerated biopsy-wound healing in older adults
<https://doi.org/10.1097/PSY.0b013e31829b7b2e>

 Affect labeling reduced amygdala activity during emotional images
<https://journals.sagepub.com/doi/10.1111/j.1467-9280.2007.01916.x>

 Writing about trauma reduced later health-center visits
<https://www.semanticscholar.org/paper/Confronting-a-traumatic-event:-toward-an-of-and-Pennebaker-Bea/21284eb69fd137d076157d40459f0f995c668372>

 Expressive-writing methods have been tested in hundreds of studies
<https://pmc.ncbi.nlm.nih.gov/articles/PMC3830620/>

 Handwriting produced broader theta and alpha brain connectivity
<https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2023.1219945/full>

 Handwriting increased negative emotion and self-disclosure
<https://onlinelibrary.wiley.com/doi/10.1023/A%3A1024736828322>

 Expressive writing improved asthma and rheumatoid-arthritis outcomes
<https://jamanetwork.com/journals/jama/fullarticle/189437>

 Expressive writing reliably improved PTSD symptoms
<https://doi.org/10.1001/jamapsychiatry.2017.4249>

 Written exposure therapy helped veterans with PTSD
<https://doi.org/10.1001/jamapsychiatry.2023.2810>

 Gratitude letters improved mental health over twelve weeks
<https://pubmed.ncbi.nlm.nih.gov/27139595/>

 Gratitude-letter writing increased neural responses to giving
<https://www.sciencedirect.com/science/article/abs/pii/S1053811915011532>

 Paper planning improved recall and hippocampal activity
<https://www.frontiersin.org/journals/behavioral-neuroscience/articles/10.3389/fnbeh.2021.634158/full>

 Handwriting offers cognitive benefits beyond typing
<https://link.springer.com/article/10.1007/s10643-026-02224-6>

 Cursive writing was slower than print
<https://link.springer.com/article/10.1007/s11145-026-10886-2>

 Printing letters activated children's reading circuitry
<https://www.sciencedirect.com/science/article/abs/pii/S2211949312000038>