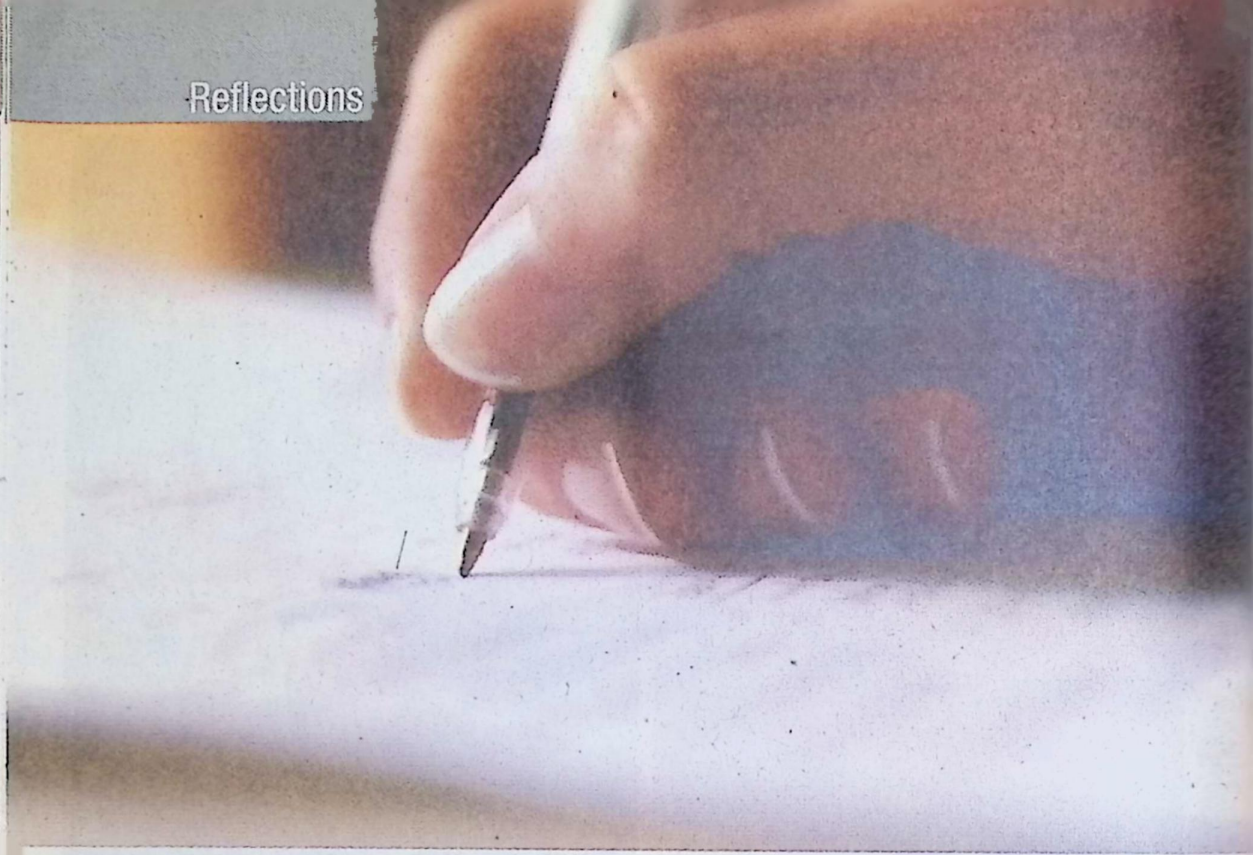


It's Not Just a Piece of Paper; It's the Writer's Mind

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What is it that drives people to write? Perhaps a visceral, instinctive amusement that comes from a sense of accomplishment. Or maybe because writing is undeniably an inalienable aspect of our daily life. When we try to suppress down our emotions, we stress ourselves. One way to spout out how we feel inside is writing, turning events into words. Writing has an immense effect that can churn one's social life as it hugely affects one's behaviour. A psychological effect is therefore obvious.

According to studies (Pennebaker and Beall 1986, 1994, 1997), people who regularly wrote, expressing their deepest feelings reported fewer visits to the health centres than before as well as fall in the number of times they fell ill. Writing stimulates the immune response of human body towards infections, such as H.I.V and also improves liver, lung and bone functions. It therefore induces a feeling of well being in oneself. Depression is likely to go away as a person becomes socially interactive.

All the emotions bottled up inside, the anxiousness or the joys which one feels can gush out through writing. It is definitely therapeutic. When you finish the piece of writing which you have worked so hard on, losing your sleep over it because the deadline is screaming out in your nightmare, all you feel is relief. Ultimately conveying what you had to say through your writing releases the pent up frustrations that have been slowly invading your head to drive you crazy.

Dilemmas can be solved by writing. Many people tend to panic and race through a stream of