



# Writing 4 Health

## About Us!

Since the pandemic it is estimated a staggering 1 in 10 children are suffering from anxiety. Parents are often at their wits end trying to find ways to help their child without having to resort to medication.

Writing 4 Health has been developed by complementary therapists and is based on scientific research. The therapy has been created to empower both parent and child to develop a toolbox of coping mechanisms for every day life.

This therapy is suitable for anyone suffering from stress, anxiety and moderate depression.

Please contact us to find out more or visit our website.

[www.writing4health.co.uk](http://www.writing4health.co.uk)



## Contact Us!

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## History of the Creative Writing Therapy & Mindfulness

The connection between creative writing and improved mental health was first identified during research carried out in 1986\* by Psychiatrists at Cambridge University.

Mindfulness and meditation techniques are regularly used by Psychologists to help patients with psychological distress. There have been over 4,000 scientific studies since it was first introduced to the West by Professor Jon Kabat-Zinn in 1982 and is now used by medical practitioners who are advocating lifestyle medicine as a treatment.

Therapists have now found the benefits of both Creative Writing Therapy when combined with Mindfulness Meditation substantially increases the effectiveness of these therapies.

\*Karen A Baikie, Kay Wilhelm (2018), Advances in Psychiatric Treatment, Volume 11, Issue 5, pp. 338 – 346, Cambridge University Press.  
Available online at:  
<https://doi.org/10.1192/apt.11.5.338>

Benefits of Creative Writing as a Therapy for adults include:

- Reduction in stress and anxiety.
- Elevated mood and emotional wellbeing.
- Enables clearer thinking and improved concentration.
- Improved physical health and motivation.

In children, Creative Writing Therapy can:

- Eliminate stress and anxiety.
- Boost mood and self-esteem.
- Reduce peer aggression.
- Creates a sense of self-worth and increased confidence.



We specialise in providing creative writing exercises, Mindfulness and Meditation to reduce stress, anxiety and depression in adults and parents of children suffering from anxiety.

Download free resources, sign up to workshops or book a one to one online session with a qualified therapist.

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