

Write Down Worries to Get Relief from Pain

Dr. N. Prema

M.Sc (Zoo), M.Sc (Psy), M.Ed, (Edn), M.Phil (Zoo), M.Phil (Edn), Ph.D (Edn)

HEAD, SRM School of Teacher Education and Research, SRM Institute of Science and Technology, Chennai-603 203, Tamil Nadu-India

Abstract: *This research paper aimed to suggest a simple way to the readers to get relief from their stress, worries, frustration and pain etc. Generally people think that, either by listening to music or by singing or by dancing or by changing their mood by involving themselves in some other activities, or sharing their feelings with the trusted ones, will give them a great relief when they are in a state of frustration. Absolutely it is right. But previous medical researches and this present investigation revealed that, writing the worries in a paper or in a diary will also help people to get rid of mental depression. A sample of twenty three clients (all are married women) were considered for this investigation, from those who approached the investigator for counselling. A thorough analysis after counselling, the investigator arrived at a conclusion that, writing worries down then and there on a paper or diary could help the people a lot for attaining a peace of mind and in resolving psychological issues.*

Keywords: Writing-down worries, Counselling, Depression, Frustration, Peace of mind and Psychological issues.

1. Introduction

The main qualities of a counsellor is not to share the secrets of clients and their personal issues with others and the histories of clients' should not be used for writing interesting stories or selling for money. But this is a case of publishing a research paper without mentioning the names of the clients and without exploring the personal issues of the clients as in a psychological story. Only the details about the impact of writing down worries on paper by the clients were gathered carefully and are systematically presented here as a research paper to enlighten the reading scholars. In early 1980s the research had been carried about the physical and emotional scratches and the impact of writing down worries on the same. After that, series of researches proved this concept of writing down worries helps the people to improve their physical and mental health.

A Perusal on Previous Researches

- 1) A research article published by **Krishna McCoy** on the title "Journal your way to stress relief", insists that our thoughts and experiences ought to be documented in a paper or in a diary to relieve from stress and also to increase our longevity of life. And this author pointed out a concept retrieved from the journal named "**Psychotherapy Research**" that "Anxiety and Depressive symptoms of patients were greatly reduced through expressive writing". This study also indicated from the journal named '**Behaviour Modification**' that the common symptoms of anxiety disorder such as worries and depression are significantly reduced through expressive writing. The author also suggested the mechanism of keeping a Stress-Relief Diary.
- 2) Another article published by **Harvard Health Publishing, Harvard Medical School** has supported this present research. Under the title of "Trusted Advice for a Healthier Life" insisted the concept as, expressive writing may help the people to come out with emotional consequences of some events in their life such as traumatic or stressful experience which could throw people off strides mentally and emotionally.
- 3) Yet another article published by **Alyssa** has posted as part of their ongoing series exploring classic experiments and theories in the history of psychological research. In

this article they pointed out that, Pennebaker had taken 4 groups of undergraduate students for his research. Three groups of students were requested to write for 15 minutes for 4 days about the personal distressing incidents. The remaining one group was requested to write about insignificant matters for the same duration. For a period of 6 months after writing, they had been tracked and found that the students who wrote the distressing events were rarely visited the health centre. But the group wrote the insignificant matters, visited health centre frequently.

- 4) **Amanda L. Chan** (The Huffington Post) also suggested under the title 'Scientifically-Backed ways to stop worrying' as 'write your worries down' as one of the ways out of nine. According to the researcher's view, it could help the students to decrease test-taking worries if they write down their worries in a paper before going for a big examination,
- 5) According to a study conducted by **University of Chicago**, students' test performance can be improved and test anxiety can be reduced after writing their worries in a paper before going for Examinations, which is published in the journal of *Science*. If the brain power of students is occupied with worries, then it will be difficult for them to perform at the highest extent in the examination. If the students are allowed to unload their anxieties by writing exercises before going for examinations, will help them complete the test successfully.
- 6) **James W. Pennebaker** in a research paper published in 2017 disclosed that, revealing secrets will improve health, instead of keeping in mind as secrets about the trauma. The practice of keeping worries will be unhealthy. When people share their unpleasant experience with a trusted one, their mental tension gets reduced. So it is better to write it in a paper, to get rid of pain.

Research Questions

- Can the clients acquire mind relaxation after expressive writing?
- To what extent is the relaxation of mind experienced by the clients?

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Research Objectives

- To find out whether the clients feel relaxed after expressive writing about their worries
- To find out the extent of mind relaxation after expressive writing.

Need and significance of the present research

The world of human beings is very much different from the world of all other living things. Human beings only can smile and laugh. Yes, off course, But at the same time only human beings can cheat others, hurt others, compete with others and be a barrier for others' development. And only human beings will be sad, feeling anxiety, depressed, frustrated and worried for everything and about future etc. This state of mood will lead to physical, mental and emotional grievances. If these discomforts are not reduced at the earliest possible time, then severe psychological and health issues will become apparent. The investigator counselled her students those who approached as clients, to resolve their personal issues for the past three years. All the clients were advised to write their worries in a paper either immediately or after a period of time while the time permits. The investigator was in touch with all those clients frequently and asked about their mind states. After three years, the investigator came to a decision to compile the clients' response as a research paper for the welfare of the readers, entitled "Write down worries to get relief from pain".

Procedure followed for this research analysis

As a psychologist, the investigator is giving counselling to the clients who are approaching for the same. The number of clients for the past three years is only twenty three, since the investigator is not a professional counsellor. The investigator has five years of experience in counselling. Previously the investigator was giving multiple ideas and solutions to the clients to get rid of their pains. But for the past three years, to know the effectiveness of expressive writing, the investigator advised the clients, only to write their worries in a paper. The other sorts of possible advices were not given to the clients, since it is out of the research purpose. The investigator kept in touch with all the clients from the day they met to till now. Relevant information from all clients were carefully collected and recorded.

2. Result Analysis

Table 1: Illustrating the response of the clients in number about the effects of expressive writing

Calendar Year	Number of Clients	Response of the Clients in number			
		Felt Extremely Relaxed	Felt Relaxed	Felt Somewhat Relaxed	Not at all Relaxed
2017	4	3	1	0	0
2018	8	6	1	1	0
2019	11	8	2	1	0
Total	23	17	4	2	0
Percentage		74 %	17.4 %	8.6 %	0

Responses received from the clients have been tabulated as above and can be explained as below:

- Seventy Four percentages of the clients felt extremely relaxed after expressive writing.

- Around seventeen percentages of the clients felt relaxed after expressive writing.
- Only around nine percentages of the clients felt somewhat relaxed after expressive writing.
- But none of the clients says that they were not at all relaxed after expressive writing.

3. Discussions

Whenever we get hurt, we never forget, even though we wanted to forget and force our brain to forget, it cannot be easily erased from our mind. But we desire to get relief from that pain. The secret behind is, in future we want to retrieve it to appreciate ourselves, and to know how much hurdles and pains we came across to achieve this level in life. But once we start writing that painful experience, automatically our mind will feel relaxed, since we made a record on it. This concept can be compared with the class room activity, when we listen to the lecture. If we start taking notes while we are listening to the lecture, it will be difficult for us to retrieve unless we have a clear understanding of what we have written. But, if we listen to the lecture carefully without taking notes, it will be easy for us to retrieve major concepts immediately after the delivery of lecture. Most of us could realise this in our life, being involved in such kind of situations. In the same way, when we write our worries in a paper, definitely our mind will be free from stress. Clearly understood and stored concepts in mind are retrievable. Similarly, the events or experiences which deeply affected us and worrying us are recalled and written down on papers to relieve ourselves from mental pain and stress.

Recommendations to the persons who read

- To keep your spirit healthy, simply write all worries in a paper or in a diary or type down in a computer
- Mentioning date for every write up is very important.
- Need not bother about the language, grammar and punctuation.
- Need not worry about time; whenever it is feasible to write, you can start writing.
- To get complete relief from stress and to drain out negative emotions and thoughts you have to write all about your thoughts, emotions, fears, frustrations and traumatic incidents experienced etc
- Write up may be open or may be kept as secret if so.
- It is not necessary to keep the write up as record, unless if you desire to read it in future.
- Students can be advised to write down fears and difficulties about test anxieties before going for the examinations, to perform well.

4. Conclusion

This study is based on a research analysis, with the investigator sharing the own experience for the wellness of readers. Life is predominantly miserable for all human beings, for the major portions of the life period. Every one of us may come across this kind of agitating situation, irrespective of age, gender, educational qualification, economic status and position in the society. But wiping away all the worries and trying to lead a happy life will be absolutely relying on our hands. As a human being we

cannot come out completely from all such kind of traumatic incidents. But we can reduce all those discomforts to some extent possible. From this research analysis, the investigator desires to conclude that, writing down worries is an excellent tool, to burst out our stress. Since this study is not only based on the clients' responses but also from the experience of this investigator. So the readers can assertively believe this result of analysis and can be followed for their wellbeing. There may be pain in life. But pain alone should not be the life.

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