

BENEFITS OF SONGWRITING

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MAY 2026

A SAFE OUTLET FOR COMPLEX EMOTIONS

Songwriting allows you to process anxiety, depression, and stress by giving voice to feelings that might be difficult to express in regular conversation..



TURNING PAIN INTO POSITIVITY

Songwriting helps re-frame negative experiences, turning personal hardships into a positive, productive output.

PROCESSING TRAUMA

It is used as a therapeutic technique to safely explore and process trauma, helping survivors gain control over their narratives

