

A growing body of research highlights the link between storytelling and mental wellbeing.

Studies show that sharing and reflecting on personal experiences can support emotional processing, strengthen resilience, reduce stigma, and enhance connection across generations. Narrative approaches and storytelling-based interventions have also been associated with improved self-understanding and psychological wellbeing, particularly for people navigating hardship or life transitions.

The research papers below outline the evidence that informs our Healing Chapters approach.

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Canfield, B. A., & Cunningham, H. A. (Eds.). (2018). *Deconstructing stigma in mental health*. IGI Global.

https://books.google.ch/books?hl=en&lr=&id=3VJVDwAAQBAJ&oi=fnd&pg=PR1&ots=1T70Mnr7EE&sig=olkOWToeGCxW8PJUn1OY-Q97QSE&redir_esc=y#v=onepage&q=story&f=false

Maushe, F., Kahomwe, L., Cressia, M., Moyo, L., & Ropafadzo, M. P. (2025). The Power of Storytelling: Intergenerational Knowledge Transfer and Its Effects on Mental Health and Well-being Among Young People in Zimbabwe and Sub-Saharan Africa. *Global Interdisciplinary Perspectives*, 1(2), 28-34.

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Hamid, A., Arshad, R., & Shahid, S. (2022, April). What are you thinking?: Using CBT and storytelling to improve mental health among college students. In *Proceedings of the 2022 CHI Conference on Human Factors in Computing Systems*(pp. 1-16).

<https://dl.acm.org/doi/abs/10.1145/3491102.3517603>