

THE THREE-MINUTE MENTAL MAKEOVER (3MMM)

What is 3MMM?

The *Three-Minute Mental Makeover* (3MMM) is a brief, powerful **expressive writing** activity created by Dr. David Thoele at Advocate Children's Hospital in Illinois. In just three minutes, healthcare practitioners, patients, and families can **promote communication** and **alleviate stress** through **reflection** and **collaborative participation**.

Why use it?

Expressive writing is an **evidence-based** practice that can improve both **mental and physical health**. Research shows **surprising benefits** for asthma, immune function, and even wound healing. Patients, families, and practitioners who tried the 3MMM together reported **less stress**, improved **communication**, and stronger **connections**.¹

How does it work?

While originally tested in clinical environments, 3MMM **can be used anywhere**--classrooms, clinics, or workplaces--by **individuals, pairs, or groups**. Participants **write simultaneously** using the **three simple prompts** on the back of this page (**one minute per question**). Afterward, they may **share what they wrote**, which fosters **empathy** and authentic **dialogue**. Providers are encouraged to incorporate thoughts about and hopes for those they're supporting into their writing to **deepen connection**.



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The Three Questions

1. Write 3 things you are grateful for (be specific).

2. Write the story of your life in 6 words.

3. Write 3 wishes you have.

1.Thoele DG, Gunalp C, Baran D, et al. Health Care Practitioners and families writing together: The Three-minute mental makeover. *The Permanente Journal*. 2019;24(1). doi:10.7812/tpp/19.056

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