

Bibliography for the HaBilNet blog article:

Storytelling for language maintenance and mental well-being

American Psychological Association. (2018). APA Dictionary of Psychology. American Psychological Association. <https://dictionary.apa.org/well-being> (accessed on 24 Febr. 2025).

Clift, S. (2012). Creative arts as a public health resource: moving from practice-based research to evidence-based practice. *Perspectives in public health*, 132(3), 120–127.

Frank, A. W. (2002). Why study people's stories? The dialogical ethics of narrative analysis. *International Journal of Qualitative Methods*, 1(1), 109-117.

Gergen, K. J. & Gergen, M. M. (1987). Narratives of relationship. In R. Burnett, P. McGhee & D. Clarke, eds., *Accounting for relationships: Explanation, representation and knowledge* (pp. 269-288). London: Methuen.

Gergen, K. J., & Gergen, M. M. (1988). Narrative and the self as relationship. In L. Berkowitz, ed., *Advances in experimental social psychology*, Vol. 21. *Social psychological studies of the self: Perspectives and programs* (pp. 17–56). New York: Academic Press.

Grenoble, L. A. (2021). Why revitalize? In J. Olka & J. Sallabank, eds., *Revitalising endangered languages: a practical guide* (pp. 9-22). Cambridge: Cambridge University Press.

Heinrich, P. (2021). Endangered languages and well-being. In J. Olka & J. Sallabank, eds., *Revitalising endangered languages: a practical guide* (pp. 23-24). Cambridge: Cambridge University Press.

Mancuso, J. C. & Sarbin, T. R. (1998). The narrative construction of emotional life: Developmental aspects. In M. F. Mascolo & S. Griffin, eds., *What develops in emotional development? Emotions, personality, and psychotherapy* (pp. 297–316). New York: Plenum Press.

Pennebaker, J. W. & Seagal, J. D. (1999). Forming a story: The health benefits of narrative. *Journal of Clinical Psychology*, 55(10), 1243–1254.

Citation for this article:

Yang, C. Y. (2025). *Storytelling for language maintenance and mental well-being*. HaBilNet blog article. <https://www.habilnet.org/storytelling-for-language-maintenance-and-mental-well-being/>