

## Appendix:

### 5 reasons why you should start writing poetry

Writing poetry has enormous benefits both for the writer and for the reader. A few of them are mentioned below:

1. **Powerful way to communicate.** Poems, being typically short and rhythmic, are usually more accessible than other forms of writing. Meanwhile, each word, often agonized over, explains so much in such a short text. Research from the University of Exeter in 2013 even suggested that our brains may be “wired” to enjoy poetry, as it creates an emotional response in the brain similar to that of music. Therefore, poetry may be more powerful in spreading a message than other, longer forms of writing. While fascinating, it’s rare for a PhD thesis to go viral.
2. **Like mindfulness? Try poetry!** Taking all the time you need to clearly articulate your thoughts, experiences and emotions has been lauded as an effective aid to help people to work through issues and better understand their own feelings. Indeed, poetry has been used as part of therapy and stress management programs to help everyone, from troubled kids to members of the army.
3. **A non-judgmental, always-accessible place to share your feelings and experiences.** Worried about bothering a friend? Need to let out some feelings before falling asleep? Writing poetry provides an incredible outlet that can help you better record, identify and understand your emotions. Moreover, becoming a member of a poetry community such as Poetizer and discovering how many people can empathize with your experiences can be a great way to realize that you never need to feel alone.
4. **Hope and understanding.** These are times when every voice - particularly those often marginalized in our polarized mainstream discourse - needs to not only be heard but to be understood. What does it feel like to be you? What do you need the reader to hear, to feel, to do? Writing a poem brings a reader into your head: share your story.
5. **Personal and professional skills for life.** Analytical thought, clarity of expression, communication, confidence and public speaking are all skills that up-and-coming poets have noted as improving through their involvement in poetry. Additionally, no matter what stage you’re at in life, the diverse ideas and experiences that reading poetry exposes you to will help to expand your horizons.

It has never been easier to get involved in poetry. The poetry-sharing platform Poetizer makes it easy to write, stylize, edit, improve, promote, and publish your work from any location at any time. Need to take some time for yourself? Want to improve your writing skills? Wish someone would listen to how you feel? Why not give poetry a go.