



Poetry and Mental Health

Poetry is a form of literature with special attention given to expression of feelings and ideas. Poetry is a great way to help express yourself, release emotions, and use as a coping skill. For example, Madison Reynolds from *Simply Thrive Therapeutic Associates* says poetry helps explore our innermost thoughts and by writing them down onto paper it helps release what was trapped in our heads. She also says that sometimes this exploration may be difficult, but navigating through the process, it may be very healing and be the help that is needed to move forward. To read the full article and to get tips on how to begin reading and writing poetry, [click here](#).