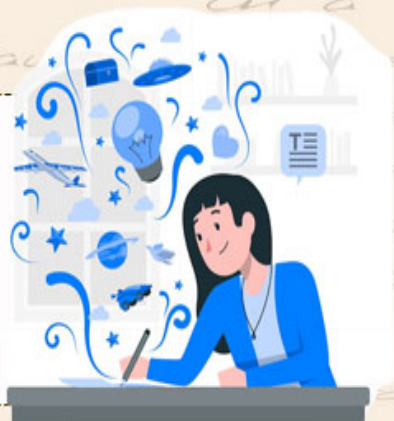


Ways Writing Poetry Helps Combat Loneliness

Helps you explore and express your feelings



Helps make sense of what you are feeling



Allows you to connect with yourself



Reduces stress and anxiety



Helps escape the monotony



Gives you a sense of purpose and progress

