

## An Examination on How Poetry Linguistic Elements Predict Trait Mindfulness

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**Abstract :** Substantial evidence suggests a link exists between trait or dispositional mindfulness and creativity. While most studies on the mindfulness-creativity link focus on measures of divergent thinking, no study to date has explored the link through the lens of poetry writing. Thus, the present study sought to examine the relation between mindfulness and poetry through various linguistic elements, including word count, references to the self versus references to the collective, and frequency of past-, present-, and future-tense verb usage. Following a questionnaire on demographics, university undergraduates at a United States college completed a survey measuring trait mindfulness, then engaged in a two-part associated poetry-writing task intended to mimic writing tasks used to counter writer's block. Results indicated no significant relations among any measures of poetry linguistic elements and trait mindfulness, as well as the facets of trait mindfulness. Limitations and future directions call for replication of results and further examination of different poetry linguistic elements.

**Keywords :** mindfulness, poetry, linguistics, psychology

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