

# Creating time to be Creative

The only mistake you can make when it comes to creativity is to think that you don't have any and you are a lot more creative than you think!

## Being creative can mean anything...



- Creativity is any act where you use your brain to think of or imagine something new, even if it is something that is new just to you.
- It can be almost anything you can imagine - a solution to a problem, a work of art, a bit of poetry or music, some craft or sewing, capturing a photograph, a meal, some writing, a drawing, an invention, or a new design or product idea.
- Studies show that engaging in creative activities improves your overall health & actually makes you think in a more positive manner, whilst also helping to decrease feelings of depression & loneliness. So be bold & try something new today!

## We all have our own talents...

- Every person has the ability & talents to be creative - you just need to explore it. You may be interested in gardening, welding or even designing a new fence or yard layout to suit your property.
- Being creative through trying new things & challenging your thinking, can help to improve your quality of sleep, boost your morale & your self-confidence. This newfound confidence will then help improve many other aspects of your life.
- Make time to be creative despite the many other "more important" demands in your life. Creativity reduces stress & boosts your brain function enabling you to make better decisions & think more rationally in the long run.



## Is creativity really that beneficial?

- Your brain is made up of many different parts. When you are creative, your brain actually makes new connections between its many different parts which releases good chemicals into your body.
- These "creative chemicals" work to help you feel better & healthier. Making new connections in your brain also means you could use your creativity to come up with new ways to ditch an old habit that perhaps has been irritating you.
- Creativity can help you build better relationships. Imagining how things look through another person's eyes can enhance your empathy & understanding. And deciding to try a different way of responding when someone irritates or annoys is a creative way to avoid difficulties & solve problems.



Monday Motivation is presented to you by Suncare Community Services - Drought Relief Program

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