Feeling stressed, depressed, or anxious? Try engaging your creativity to shift your mood closer to happiness. While involved in the process of creation, you can experience a sense of control, anticipation of a positive outcome, a willingness to take calculated risks, full immersion in the moment while progressing forward, practice in managing responses to failures along the way, overcoming obstacles, persistence, increased self-confidence, curiosity, delight of surprise, excitement about new ideas, a feeling of empowerment, a sense of purpose, strong motivation, relaxation, and enjoyment. You don’t have to consider yourself an artist to be creative. Creativity is involved not only in the visual and performing arts but also in inventing and problem-solving in every field of work.

What are some creative activities to consider? Drawing, Painting, Doodling, Sewing, Playing a Musical Instrument, Composing Music, Singing, Dancing, Building with Blocks, Sculpting with Clay, Jewelry-Making, Photography, Cooking, Baking, Experimenting with Recipe Adaptations, Gardening, Writing (Poetry, Short Stories, Non-Fiction, etc.), Acting, and Coding are a few of the many ideas. You don’t have to be a master in an activity to benefit from the creative aspects of it. You might enjoy creating just for yourself, or you might choose to show someone else what you create or share with them a story of your creative process. How can you get started in intentionally adding more creativity to your life? Turn on some music, hum or dance along, and smile at the sounds or movement you are creating. Fill a small paper with patterns that you doodle in several directions. Write a description of what a pet might be thinking right now. Take a picture of something from an unusual angle. Think about a time you solved a problem and imagine a new solution. Set a timer for five minutes and brainstorm ways you will add creativity to your daily schedule.

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