

AccessEAP®

People in Focus



TIPS ON
**CREATIVITY FOR
WELLBEING**

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Ask yourself a question – when was the last time I was creative? The chances are that you haven't been feeling very creative of late. We're all focused on doing something in the moment we find ourselves in. Did you know that there is lots of positive psychology research which shows that being creative is good for your wellbeing?

Think about a time that you were creative- yep, really creative. How did things feel? Were things easier to manage and process? What were some of the strategies you used to feel more grounded, in control and able to adapt? Write those down and see what can be useful in today's current climate. To increase your creativity, here are some ideas:

- 1. Unplug from all things tech** and turn off all screens for at least an hour.
- 2. Take some risks with creativity** – use whatever skill that you have for drawing/

singing/painting/language learning and try something out.

- 3. Make time** for it and put an appointment in your diary like you would a health or important meeting.
- 4. Be childlike in your curiosity** to learn new things – do not expect yourself to be an expert in this! We are all learning.
- 5. Daydream!**
- 6. Doodle with a pen and paper** and be open to what appears on the page.
- 7. Book yourself** (virtually) to a creative class – singing and orchestras may be out, but one on one Zoom lessons are now more available than ever.
- 8. Create a WhatsApp** (or something similar) for sharing jokes, funny stories and pictures.
- 9. Start an old fashioned recipe exchange** on email.

- 10. Get started.** Brene Brown, our guru on getting through the pandemic, says that telling ourselves that “I'm not very creative” doesn't work. Her research tells us that there is no such thing as a creative and non-creative person – there are only people who use it and those that don't.

Maybe the first step is sitting down with some pencils and a colouring book and whilst you are whittling away the parts of the page that need colour – think about activities you would like to try now that you have more time on your hands. We encourage you to let go of perfectionism and your inner critic and get going on a small art project. You never know...you might enjoy it!

For more information or assistance, contact us on 1800 818 728.

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