

10. Creative Wellness

Definition: Engaging in artistic or playful expression that nurtures imagination, joy, and self-discovery. Creative wellness involves exploring new ideas, experimenting with different forms of expression, and using creativity as a tool for relaxation, problem-solving, and connection with others.

Creative Wellness Checklist

- Making time for artistic or playful activities (art, music, dance, writing, crafts)
- Exploring new forms of creative expression
- Using creativity to relax and reduce stress
- Sharing creative work with others for connection and joy
- Experimenting without fear of mistakes
- Attending creative workshops or community events
- Applying creativity as a tool for problem-solving in daily life

Reflective questions

- Do I make time for artistic or playful activities that bring me joy?
- Do I explore new forms of creative expression without fear of mistakes?
- Do I use creativity as a tool for relaxation and stress relief?
- Do I share creative work with others to foster connection and joy?
- Do I seek opportunities to expand my creative skills through workshops or community events?