

Creativity and Mental Health

Using creative energy consistently has been proven to improve your overall health.

Some health benefits include:

1

Increased Happiness: when working on a task, you can enter flow – the state when you are completely absorbed in something and lose all sense of time. It reduces anxiety, decreases your heart rate, and boosts your mood.

2

Reduces Dementia: creative engagement can help people with dementia sharpen their senses and tap back into their personalities.

3

Improves Mental Health: creative acts can focus the mind and release dopamine – the “feel good” hormone. Dopamine plays a role in memory, sleep, mood and concentration.

4

Boosts your Immune System: People who write about experiences daily have increased amount of CD4+ lymphocyte count, which is the key to your immune system.

Ways to boost your creativity:



Draw or paint



Dance or move your body



Spend time outdoors



Sing or play music



Write or tell stories

