



New Pathways Wellbeing Circles
EXPLORING FOUNDATIONS OF WELLBEING
Live – 1st April 2020

Our theme for this Wellbeing Circles session is Creativity.
In this current environment, we are all having to recreate strategies, routines
and goals to find new ways of interacting.

CREATIVITY

What 4 words would you use to describe creativity?

You think the only people who are people
Are the people who look and think like you
But if you walk the footsteps of a stranger
You'll learn things you never knew, you never knew

Alan Menkan & Stephen Schwartz

You can't use up creativity. The more you use the more you have.

Maya Angelou

The desire to create is one of the deepest yearnings of the human soul.

Dieter F. Uchtdorf

The comfort zone is the great enemy to creativity.

Dan Stevens

A creative activity can be as simple as keeping a doodle journal, knitting, playing a musical instrument, or designing a garden for spring planting-- in other words, activities that almost anyone can do. So, express yourself in some way you enjoy on a regular basis, just once a day and benefit from a more positive state of mind. In other words, being creative helps us "feel better" and in turn, it impacts other aspects of our lives.

Cathy Malchiodi

Creativity is inventing, experimenting, growing, taking risks, breaking rules, making mistakes and having fun.

Mary Lou Cook

Creativity doesn't wait for that perfect moment. It fashions its own perfect moments out of ordinary ones.

Bruce Garrabrandt

Creativity is more than just being different. Anybody can plan weird; that's easy. What's hard is to be as simple as Bach. Making the simple, awesomely simple, that's creativity

Charles Mingus

Creativity has got to start with humanity and when you're a human being, you feel, you suffer.

Marilyn Monroe

Make visible what, without you, might perhaps never have been seen.

Robert Bresson

The chief enemy of creativity is "good" sense.

Pablo Picasso

Doing Something Creative Can Boost Your Well-Being

A new study suggests that small acts of creativity in everyday life increase our overall sense of well-being. Many people consider creativity the realm of the tortured soul. Think of Sylvia Plath, Kurt Cobain, or Vincent Van Gogh. Though there is no doubt that Plath, Cobain, and Van Gogh created works of great art, science suggests that they may be more the exception than the rule. In fact, many studies have found that, while suffering mental illness can sometimes coincide with creating enduring art, creativity in general is more associated with positive emotion and well-being. For example, researchers have found that people report being happy and energized when they are engaged in everyday creative endeavors, and that being in a positive mood goes hand in hand with creative thinking.

To tease out what causes what, the researchers compared measures of creativity on one day to measures of well-being on the next day, and vice versa. Results showed that people who were engaged in more creative activities than usual on one day reported increased positive emotion and flourishing the next day, while negative emotions didn't change. However, the reverse effect did not seem to occur: People who experienced higher positive emotions on day one weren't more involved in creative activities on day two, suggesting that everyday creativity leads to more well-being rather than the other way around.

Jill Suttie

The worst enemy to creativity is self-doubt.

Sylvia Plath

Creativity can be a challenging topic for some because of the many myths that surround it. For example, many people think that we have to be artistically gifted with the ability to draw, paint or play music in order to be considered creative, but that is simply not the case. Many of us tap into creativity all the time and we don't even realize it. For example, blogging and writing is an expression of creativity; to me it is where I can bring all of my unique ideas, perceptions and experiences together to discuss various topics. Others may use their creativity for photography, treatment planning, making blends of tea, solving problems, expressing themselves through fashion, interior design, hair styling, public speaking, etc. Creativity can be present in everything we do; we just need to learn to tap into it.

Brene Brown

The Chair

Once a philosophy professor gave an unusual test to his class.

He lifted his chair up on his table and left it there.

He then turned towards the board and wrote, "Prove that this chair does not exist.."

The whole class was surprised and confused, yet all the students started writing long complex explanations. Among all there was one student who completed that test in a minute and handed his paper to the professor, attracting surprised glances from his classmates and the professor.

Some days later the members of the class received their grades for the test. The student who took just a minute to complete the test was announced to have the best answer.

His answer was, "What chair?"

Anonymous

Cultivating Creativity: Letting go of Comparison

Creativity is defined as the ability to transcend traditional ideas, rules, patterns, relationships or the likes, to create meaningful new ideas, forms, methods, interpretations... etc. It is often synonymous with words such as inventiveness, imagination, innovation, originality and individuality. We often think that people are either creative/artsy or not, all have the ability to be creative. Creativity is important because the only unique contribution that we will ever make in the world will be born out of our creativity. Creating gives us a sense of meaning and fulfillment, yet so few of us actually utilize our creativity.

Brene Brown

Quality is more important than quantity. One home run is much better than two doubles.

Steve Jobs

Creativity involves breaking out of expected patterns in order to look at things in a different way.

Edward de Bono

Creativity requires the courage to let go of certainties.

Erich Fromm

Creativity is not the finding of a thing, but the making something out of it after it is found.

James Russell Lowell

Creativity has an arch nemesis and its name is comparison. Comparison is the act of estimating, measuring and observing the similarity and/or dissimilarity between others and ourselves. It is the thief of happiness.

We can all recall moments in our lives when we were feeling content, thankful, worthy... etc, and then compared ourselves with others and ended up feeling insecure, not good enough, not skinny enough...etc. Comparing ourselves to others magnifies our insecurities and always leaves us feeling as though we are not enough. We spend so much of our time trying to conform and compete that we completely lose sight of how important it is to be authentic, unique, creative and grateful. Without the latter, we cannot live a life full of meaning and connection, and therefore need to learn how to let go of comparison and develop creativity.

<http://the-love-compass.com/2013/12/14/wholehearted-living-guidepost-6-cultivating-creativity>

How does creativity contribute to a sense of wellbeing?

Social distancing and isolation are two of the aftermaths in the global fight of the Corona virus epidemic. People are staying inside. It can even feel restless and suffocating. However, there is another way that we can look at this entire period. In a normal day, much of the world has been programmed, to get up, get ready, and go to work! A number of us have been programmed to such a degree, that we have lost sight to the true meaning of living. Much of humanity is simply here, but they are not living. There are too many of us, who even feel that we are "lazy," if we decide to take a break or take a week off, to simply enjoy ourselves.

During this period humanity has the opportunity to re-evaluate, how we are living. Have we been in touch with our spiritual side, our heavenly side, in the way that we are supposed to be? Or, have we been operating like programmed, and highly-trained robots, who are void of any presence of life? In our homes, or wherever we are, now is the time for us to use our inside time, to observe the outside world. What the corona epidemic is doing, is forcing individuals to understand that someone else's pain and problems are greatly connected to one's own. That one person's life is greatly interconnected to another person's well-being.

One of the beauties, and auspicious outcomes, of the creative world is that it allows for internal, human reflection. It calls for us to go into the depths of our core. What many people do not understand is that what houses the creativity, is the spiritual world! The joys of the creative world is that it compels us to delve deeper into our own spheres of creativity!

<https://thriveglobal.com/stories/rising-creativity-in-the-time-of-corona>

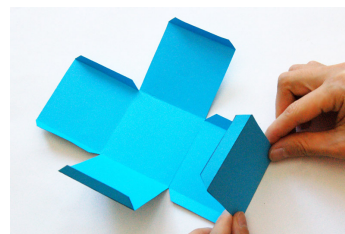
To practice any art, no matter how well or badly, is a way to make your soul grow.
So do it.

Kurt Vonnegut

In what ways are you seeing creativity during this current crisis?

What can you do to bring out your creativity to support your wellbeing?

Now let's be creative together.....



*We hope you enjoyed the reflections and discussions.
Congratulations on joining us tonight.*

Feel free to invite family and friends to a future session.

Wednesday April 29 – theme Perspectives

Wednesday May 13 – theme Giving

Please book online ~ www.newpathwayslifecoaching.com.au/wellbeingcircles



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