

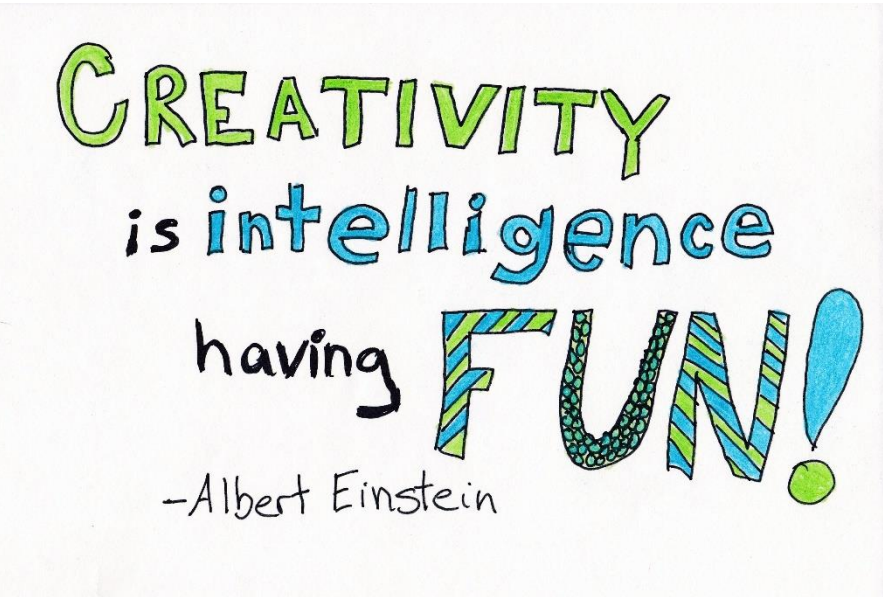
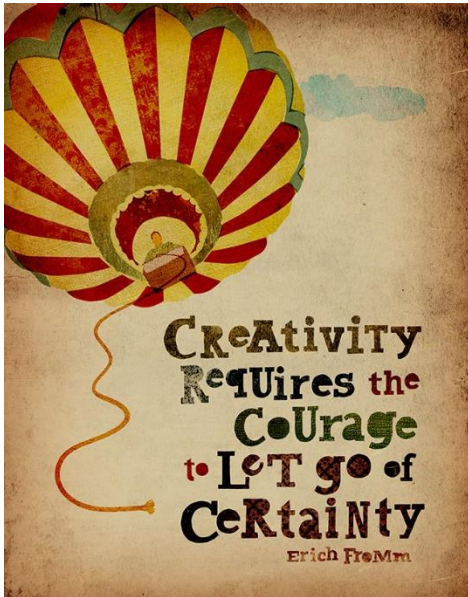
The diagram on the left shows a circular flow of three arrows. The top arrow is white and contains the text "Worthiness", "Connection", and "Gratitude". The middle arrow is blue and contains "Resiliency", "Fun", and "Joy". The bottom arrow is dark blue and contains "Well-Being". Below the arrows, it says "TRANSITION HOUSE Wellness Project" and features a logo with a stylized butterfly.

WELCOME TO TRANSITION HOUSE

# WELLNESS THROUGH CREATIVITY



TH Wellness Project's Vision:  
to empower personal well-being, improve mental wellness and increase life joy.  
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Do your thoughts,  
your words,  
your dreams,  
  
align with your Actions?



**TRANSITION HOUSE**  
Changing Lives by Creating Pathways for Mental Wellness  
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# Wellness Through Creativity

*“I never made one of my discoveries through the process of rational thinking”*

- Albert Einstein

*“The worst enemy to creativity is self-doubt.”*

- Sylvia Plath, *The Unabridged Journals of Sylvia Plath*

## Creativity in our Early Years

- Watch children and you can see creativity. And then, watch as judgement, comparison, and pressure to be the best diminishes creativity.
- Creativity generates from an uninhibited mind and spirit. The sense that anything can become something special.

## So What Happens?

- At what age did you start judging your creativity?
- When did you notice others judging your creativity?
- Creativity can diminish when the opinions of others start to become more important than the joy derived from creative expression.
- Our desires to fit in, achieve, and acquire can and often become more important than creativity.
- Take some time to think about the things that happened in your life that stifled your creativity?

## Comparison

- Comparison is all about conformity and competition.
- At first it seems like conforming and competing are mutually exclusive, however they're not.
  - When we compare, we want to see who or what is best out of a specific collection of “alike things.”
  - When we compare, we want to be the best or have the best of our group.
  - The comparison mandate becomes this crushing paradox of “fit in and stand out!” It's not cultivate self-acceptance, belonging and authenticity; it's be just like everyone else, but better.
- Comparison is the Thief of Happiness. How many times have we been feeling so good about ourselves and our life and then in a split second it's gone because we consciously or unconsciously start comparing ourselves to other people?
- Wondering if who we are or what we are doing is going to be acceptable can become a barrier to creativity.

## Taking Time, Making Time for Creativity

- It's easy to see how difficult it is to make time for the important things such as creativity, gratitude, joy, and authenticity when we're spending enormous amounts of energy conforming and competing.
- Creativity seems meaningless in comparison to 'success' and 'achievement.' It 'doesn't pay the bills' can become the justification for minimizing its worth.
- The question becomes, how much do we value our wellness and joy?
- As we get older, we put less value on creativity. That typically means we spend less time creating.



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## Creativity and Living Well

- How many times do you hear – I’m not a very creative person? Creativity is not the issue – it’s a matter of who uses their creativity and who doesn’t.
- Unused creativity doesn’t just disappear. It lives within us until it’s expressed, neglected to death, or suffocated by resentment and fear.
- Think about this: The only unique contribution that we will ever make in this world will be born out of our creativity.
- If we want to make meaning, we need to make art. Cook, write, draw, doodle, paint, scrapbook, take pictures, collage, knit, rebuild an engine, sculpt, dance, decorate, act, sing- it doesn’t matter. As long as we’re creating, we’re cultivating meaning.

## Let’s Get Creative

- It’s not just talking about being creative, it’s about doing.
- Now is the time for action... Let’s create!
  - Identify materials available and as a collective, create something.
  - Everyone present needs to contribute to the creative expression.
  - When complete, we’ll take photos as a reminder of how creativity empowers fun, laughter, stress release and joy.

## Letting Go of Comparison

- How difficult is it to create
  - By yourself
  - As part of a collective
- Letting go of comparison requires constant awareness.
- It’s so easy to take our eyes off of our own path to check out what others are doing and if they’re ahead or behind us. Creativity, which is the expression of our originality, helps us stay mindful that what we bring to the world is completely original and cannot be compared.
- Without comparison, concepts like ahead or behind, or best or worst lose their meaning.

## Explore Creativity

- It’s easy for creativity to get trapped – thinking about it too much, worrying what others will think.
- If you are not already actively creative in your life, allow yourself to slowly begin the process. Judgment will attempt to interfere with the creative process. It will take some effort, however if you desire a more joyful life, a more well life, allow yourself to begin exploring your creativity. Give it as a Gift to Yourself!

## Wrap Up

*“To be creative means to be in love with life. You can be creative only if you love life enough that you want to enhance its beauty, you want to bring a little more music to it, a little more poetry to it, a little more dance to it.”*

- Osho

*“Around here, however, we don't look backwards for very long. We keep moving forward, opening up new doors and doing new things, because we're curious...and curiosity keeps leading us down new paths.”*

- Walt Disney Company



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## Facilitator's Guide:

### FOLLOW UP ON HOMEWORK:

- Questionnaire that would provide yourself and facilitators with useful information to help make this a more meaningful learning experience.
- Start developing your Worthiness List.
- Be mindful... Record the times over the next week when you've been able to be more authentic. How did that impact your sense of well-being?
- Be mindful... When your Perfectionism button is 'pushed,' try a new behavior. Record how it works.
- Develop your own list of Hope Energizing Activities and note how it impacts you.
- Monitor your rest and play. How are you doing? Where can you improve? What changes have you made/are making?

### BREAK UP INTO GROUPS OF 2-3:

1. Thoughts on Judgement and Creativity...
2. Thoughts on Creativity and Competition...
3. What gets in the way of Creativity?
4. Work together to Create something!

### HOMEWORK ASSIGNMENT:

- Create something!

