

You're Built for Good Health

# You're built for creativity

Playtime isn't just for kids. Adults should take time out to just have fun too. Play can help improve your creativity, problem-solving, and emotional well-being. Chess anyone?

People indulge their creativity in so many ways – through music, art, dance, writing, etc. No matter the medium, creative expression helps to uncover the joy deep in our souls. When used as a therapy, creative arts can also lead to health benefits, such as:

- Helping you recover from disease, injury and psychological trauma faster
- Assisting in reducing stress and anxiety
- Improving memory and helping you focus your attention better
- Helping to fight infection and ease pain

