



# Nurture your creativity

Creative outlets are one enjoyable way to manage stress. In fact, people who engage in creative pursuits may be less likely to feel stress, anxiety, or depression.



If you need a healthy way to reduce stress, get creative! Here are some tips to tap into your creative side.



## GET INTO NATURE

Time spent outside has many benefits, from calming anxiety to helping you feel more inspired and creative.



## READ MORE

Books are a simple way to explore new ideas and spark your imagination. It's no coincidence that many of the most creative people are also avid readers.



## GET 8 HOURS OF SLEEP

It's hard to be creative when your brain is tired. If you need a creativity boost, try going to bed a little earlier.



## MAKE TIME TO BE ALONE

If you spend all your time busy and surrounded by people, it can leave you feeling drained. Find some peace and quiet to chill out.



## CREATE SOMETHING

Pick a crafting medium and make whatever comes to mind. Focus on the process and enjoy being creative.



## LEARN SOMETHING NEW

Take up a new hobby, meet someone new, travel, or explore. Anything that introduces new ideas and skills can enhance creativity.