

# 5 SIMPLE WAYS TO EXPRESS YOUR CREATIVITY

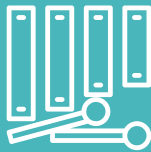
+ the brain benefits of doing so!

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## DOODLE

Doodling is drawing with nothing particular in mind! There is no right or wrong way to do it! It is often incorporated into art therapy to help others slow down, focus, and de-stress. Scientists believe that doodling's stress relieving properties arise by way of engaging the brain's "default mode" network.



## PLAY MUSIC AND SING!

Whether you are creating your own or listening to music by others, you are engaging the brain's reward centers. Studies have shown that music may increase neurogenesis in the hippocampus, allowing production of new neurons!



## DANCE

While dancing maintains the same benefits of exercise, it can go a step further. Dance activates the brain's sensory and motor circuits, increases levels of the feel-good hormone serotonin, and helps develop new neural connections, especially in regions involved in executive function, long-term memory, and spatial recognition.

Interpretative or freestyle dance modalities are not focused on repeating specific steps and further aid creative expression of self and intuitive movements. **Remember you don't need to be on your feet to dance and still benefit!**



## TAKE PHOTOS

Sometimes creativity can mean just thinking or seeing ordinary things or activities in a different way. Photography is a natural form of mindfulness and encourages you to be present in the moment. You don't have to have any particular end product in mind. The process of just exploring is where the magic happens. You don't need a fancy camera, although learning more about the technical side of things did help me get my focus off body-checking/symptoms when I was out taking photos!



## DECORATE

Decorate a journal. Decorate your space. Decorate yourself. Get creative at meal time or out in a garden. The sky is the limit with this one! Have your surroundings be a supportive and inspiring component to your rewiring journey, as an extension of yourself, and whatever brings you dopamine, oxytocin, serotonin, and endorphins (DOSE) and speaks to your senses!