



Mental Health and Creativity

Creativity can be a great tool for helping us manage our mental health. Here are some ideas for getting in touch with your creative side!

Music



Music can boost our mood, reduce stress and help us to focus. Creating music can help us with expressing our emotions.

~ Try creating different playlists for different moods ~

Art



Art can trigger powerful emotions in us and sometimes it is easier than putting our feelings into words.

~ Try drawing or painting a picture that represents a particular emotion or how you feel right now ~

Creative writing



Creative writing can help us to explore and express our emotions, as well as helping us to better understand other people too.

~ Try writing a poem or short story that expresses how you feel ~