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As life throws a challenge my way, I respond positively to avoid feeling stressed. **My response to tough situations is to engage my creativity.**

When I take a time out to create something new, I feel like I am replacing negative energy with positivity. Inspired activities allow me to dig deep into my soul for a light that brightens the world.

Writing soothes my emotional burdens and releases my tensions.

My words both acknowledge and empower me. Being honest about my feelings is the first step to releasing their weight from my being. I follow up those open and honest words with words of empowerment and resolve. This is my creative process.

Although my singing voice leaves much to be desired, I sing anyway. Expressing myself through song lifts my spirit. The lyrics and melodies that I write are therapeutic.

My creativity pulls me out of the

darkness and renews my spirit.

My artistry is a blessing. It builds me from the inside out. It fortifies my core to defend against any challenge in life.

Today, I am blessed because I know the value of my creativity. My difficult situations are more manageable today because I spend time being imaginative. Being transported to another world through inspiration gives me a chance to rebuild.

Self-Reflection Questions:

1. How else, other than through art, can I exercise my creativity?
2. In what other ways am I able to alleviate stress?
3. What value do I place on creativity?