

# CREATIVITY

## for Self-Care & Growth in College

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# Getting Started

What is creativity?

Illustrate your relationship to creativity (posture, object from nearby, a word, whatever you choose)

How do you already get creative? (think broadly!)





“Many people simply have **no downtime**. They’re on all day, before **crashing** into bed. It’s a rinse-and-repeat **cycle** that’s damaging mentally, physically, emotionally and spiritually. If you live like this for too long, your emotional experiences flatten out. If you get too numb, you feel nothing, and **life becomes devoid of passion, purpose and power**.... The surface things you do to ‘feel well’ may even be the wrong things for you, because you haven’t had the time and space to **consider what you really need**. Through creativity, you can...unplug from the busyness of life, and **choose another path.**”



# THINK LIKE AN ARTIST

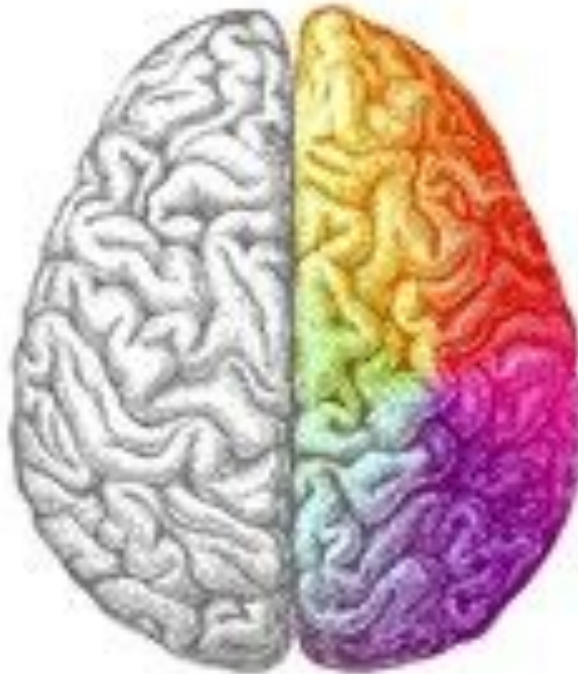
~~MINE IS NOT GOOD;~~

~~I'M JUST NOT GOOD AT ART;~~

~~I HATE MAKING MISTAKES;~~

~~THIS IS TOO HARD;~~

~~THIS IS AS GOOD AS MY WORK WILL EVER GET;~~



WHAT AM I MISSING?

I'M GOING TO KEEP PRACTICING ART.

MISTAKES HELP ME LEARN.

THIS IS GOING TO TAKE SOME TIME.

WHAT CAN I DO TO MAKE MY WORK EVEN BETTER?

*whatever is important to me*

# Barriers: What art/creativity doesn't have to be...

scary

for experts

distraction

calming

pretty

well-made

complete

step-by-step instructions

displayed, shared, or kept



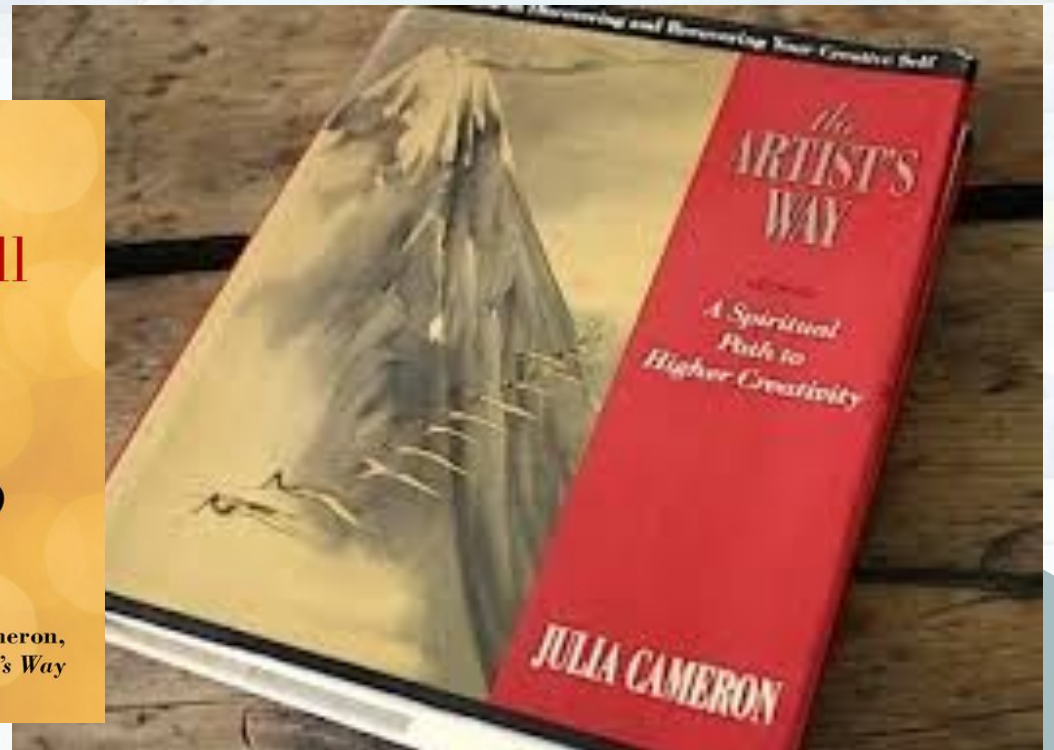


# Applying the Creative Process for Yourself

Having **supplies** ready, using what you have  
Sensing **opportunity** to do something different  
Determining to take the **chance**  
Making a **habit** of it

“ In order to do something well we must first be willing to do it badly. ”

—Julia Cameron,  
*The Artist's Way*



# Common Elements in Creativity and Growth/Wellbeing

risk, improvisation

vulnerability

resilience

intentionality

flexibility

persistence, time, work

perspective

opportunity

curiosity



empowerment

play, courage

healing

connection to spirit



# Things You Can Do

- Collage
- Paint/draw/color
- Photography
- Daydream (creative mental imagery)
- Sculpture (even with everyday objects)
- Dance/movement
- Letter to yourself or somebody else
- Story writing, poetry
- Art journal
- Music (making/listening)





# Taking Care of Yourself & Growing







# Rosebush activity



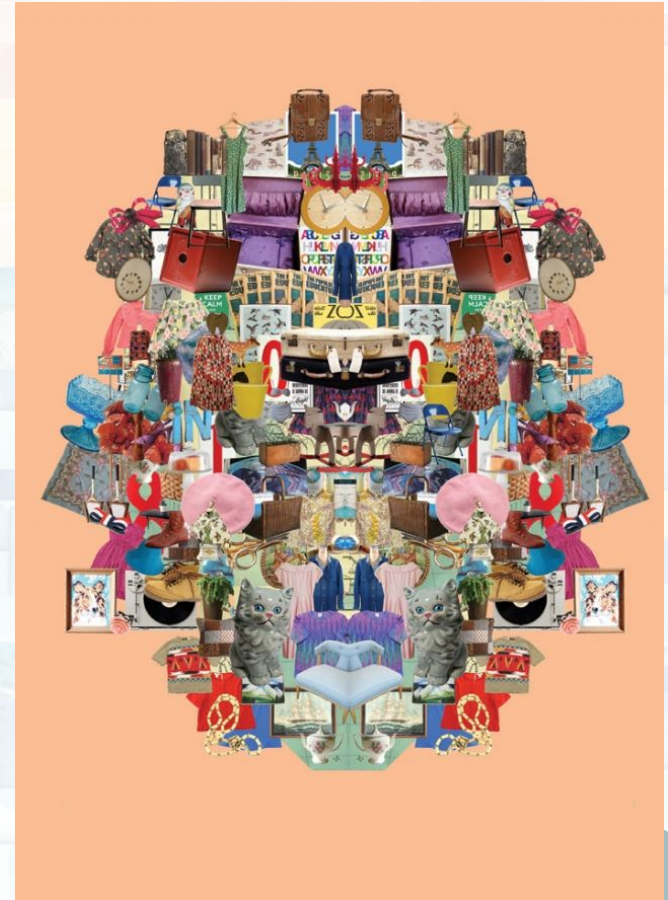


# Going Deeper: Free Association

- Without judgment, write words that came/come to mind as you found/look at what you made.

# Reflection: Questions

- What feelings come up as you see your rosebush?
- What do you and your rosebush have in common?
- Does it seem to enjoy or need something?
- What might you also enjoy or need, like your rosebush?





# Processing Questions - General

- What changes does this image suggest that you make that will enable you to heal/change?
- What actions or steps can you take today to make these changes?

# Processing Questions - Healing

- How do you sense that this creative product symbolizes your challenges...? Symbolizes your growth/success?
- If this creation could speak, what would it tell you?
- What is the relationship between this and a challenge that feels present for you lately?
- What is your intuitive sense of how this creation relates to the needs, emotions, or feelings that you have?



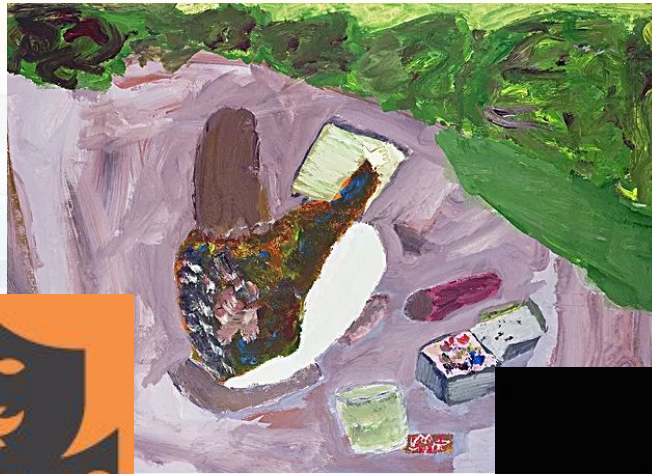
# Making Meaning: Reflective Writing

- Write a reflection about what you see in your creation on the back of it.
- Let it take any form it might, let it be imperfect for now.



# Reflecting on Our Practice

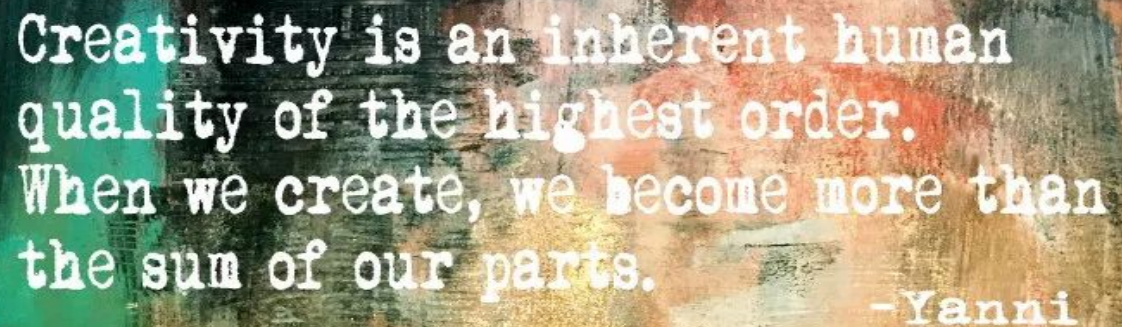
- How can creativity support college students/you?





# Final Thoughts and Questions

- How can you use creativity to take care of yourself and grow?

The quote is presented on a rectangular background with a complex, abstract texture. The colors are a mix of dark greens, blues, and earthy browns, with some lighter, yellowish-green areas. The text is in a white, monospaced font, which contrasts sharply with the dark background. The quote is centered and reads: "Creativity is an inherent human quality of the highest order. When we create, we become more than the sum of our parts." followed by "-Yanni" on the right side.

Creativity is an inherent human  
quality of the highest order.  
When we create, we become more than  
the sum of our parts.  
-Yanni



# Resources

## Articles

- [https://www.huffingtonpost.ca/charles-benayon-/how-creativity-improves-mental-health-and-wellness\\_a\\_23016111/](https://www.huffingtonpost.ca/charles-benayon-/how-creativity-improves-mental-health-and-wellness_a_23016111/)
- <https://www.thriveglobal.com/stories/26466-why-creativity-is-the-missing-piece-in-the-wellness-puzzle>
- <https://verilymag.com/2016/01/mental-emotional-health-creativity-happiness/>

## Books

- [The Artist's Way by Julia Cameron \(and workbook\)](#)
- [Flow: The Psychology of Optimal Experience by Mihaly Csikszentmihaly](#)
- [Free Play: Improvisation in Life and Art by Stephen Nachmanovitch](#)

