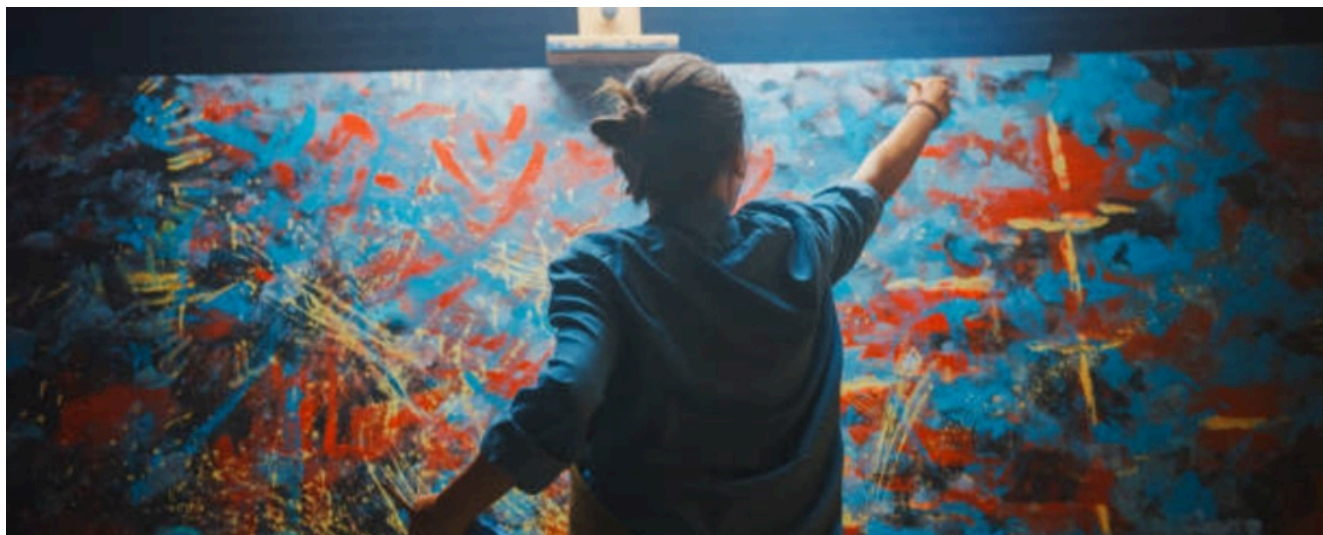


WELLNESS TODAY



Creativity Fosters Resilience

Written by Laura Giles

Resilience is the ability to bounce back from difficult emotions and events. Resilience is being able to cope with and adapt to hard things that happen in our lives. We can do a lot to build our resilience and help our children build their resilience as well.

One way to cultivate resilience is to boost creativity. Creativity can unlock inner resources for dealing with stress, solving problems, and enjoying life. When we are using creativity, we are resourceful, and we can problem solve in new and original ways.

In some studies, creativity has been identified as a key factor in the development of resilience in adolescents.

INCLUDED IN THIS ISSUE:

- BUILDING RESILIENCE THROUGH CREATIVITY
- HOW TO HELP CHILDREN AND TEENS CULTIVATE CREATIVITY



Creativity can be a strong resource when facing the many challenges of life. Creativity also fosters positive emotions and reduces perceived stress.

Being resilient does not mean that we won't experience difficulty or distress. Emotional pain, sadness, and anxiety will occur in everyone's lives. But resilience does play a crucial role in overcoming these adversities and challenges. Helping young children and adolescents foster their creativity is one way to build that ever-important resilience.



1. <https://www.edutopia.org/article/boosting-resilience-through-creativity/>
2. <https://pmc.ncbi.nlm.nih.gov/articles/PMC11673117/>
3. <https://www.pbs.org/wholechild/providers/play.html>

Helping Children and Teens Cultivate Creativity

- *Unplug from devices and encourage exploration and play.*
- *Encourage curiosity and questions from children.*
- *Get out the blocks and other building materials often.*
- *Encourage drawing, painting, singing, writing, dancing, photography, and other ways to create.*
- *Instead of answering all of your kids' questions, encourage and help them to find the answers.*
- *Conduct experiments.*
- *Ask open-ended questions such as, "Why do you think that happened?" or "How can we solve this problem?"*
- *Model creative problem-solving.*
- *Emphasize the process of creativity, not just the finished project.*
- *Encourage free play much of the time, rather than organized games.*
- *Answer questions with, "How can you find the answer?"*
- *Encourage imagination.*
- *When possible, encourage kids to make their own choices.*
- *Remind kids that there is often more than one way to do something or solve a problem.*