



Be brave.
Lose the beige.

LADY BOOMERS LIVING IN COLOR

www.bebravelosethebeige.com

The Doodle Revolution

- **Suni Brown a long time doodler and author of “The Doodle Revolution” is convinced doodling isn’t a mindless activity but one that literally engages the mind. She contends doodling can help in problem solving and aid in memory retention. It actually helps people focus.**

“We’re All Artists Now” - NY Times

- "Our best selves are merely one doodle away. Where once drawing and other painterly pursuits were the province of starving artists or simply child's play, unlocking one's creativity has become the latest mantra of personal growth, career success, and healing".

A Dose of Creativity

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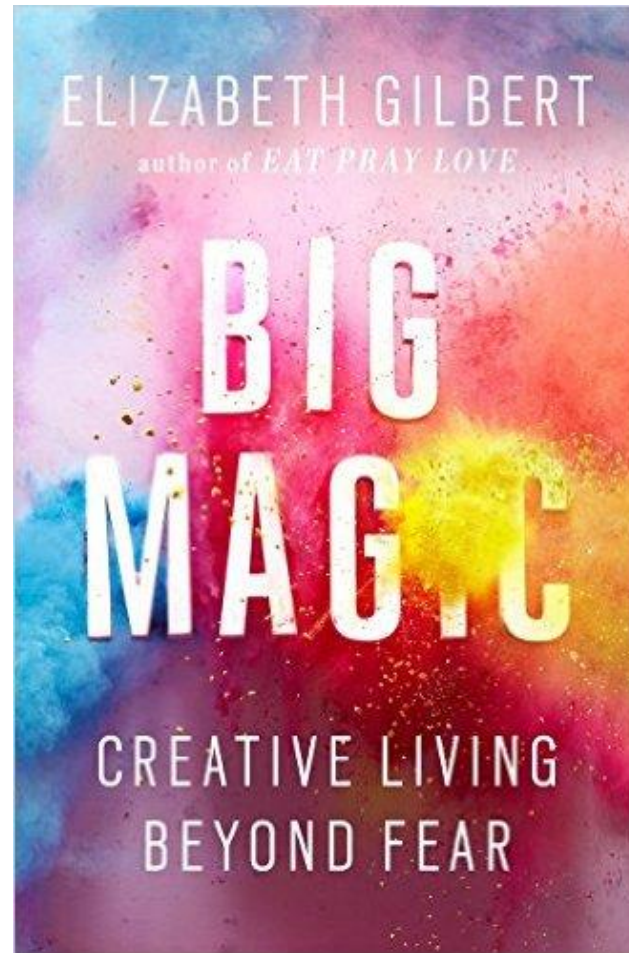


anthropies "A Dose of Creativity"

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Big Magic: Creative Living Beyond Fear



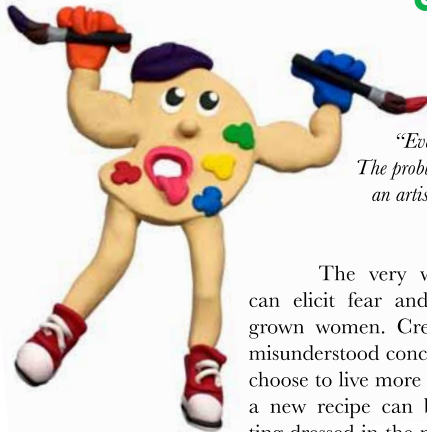
Creative Living Is a Path for the Brave

- Elizabeth Gilbert goes on to write:
- “The hunt to uncover these treasures- that’s creative living. The courage to go on the hunt in the first place- that is what separates a mundane existence from an enchanted one”
-
- “A creative life is a bigger life, an amplified life, one that is more interesting. Creative living is a path for the brave.”

Exercise Your Creativity

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Exercise Your Creativity



*“Every child is an artist.
The problem is how to remain
an artist once he grows up.”*
— Picasso

The very word “creativity” can elicit fear and intimidation in grown women. Creativity is such a misunderstood concept. Anyone can choose to live more creatively. Trying a new recipe can be creative. Getting dressed in the morning can be a

creative act. Creativity is not just about participating in the visual or performing arts, it’s a way of thinking about and approaching your life, a way of viewing the world. It’s owning your own life rather than letting circumstances or other people own you.

So, if you don’t view yourself as creative per se but recognize some merit in the concept, how do you go about cultivating this quality? My suggestion is...try “exercising your creative muscles.”

As adults we have come to recognize the validity of exercising our bodies. Working out at the Y, power walking, skiing or swimming contributes to our health and wellbe-

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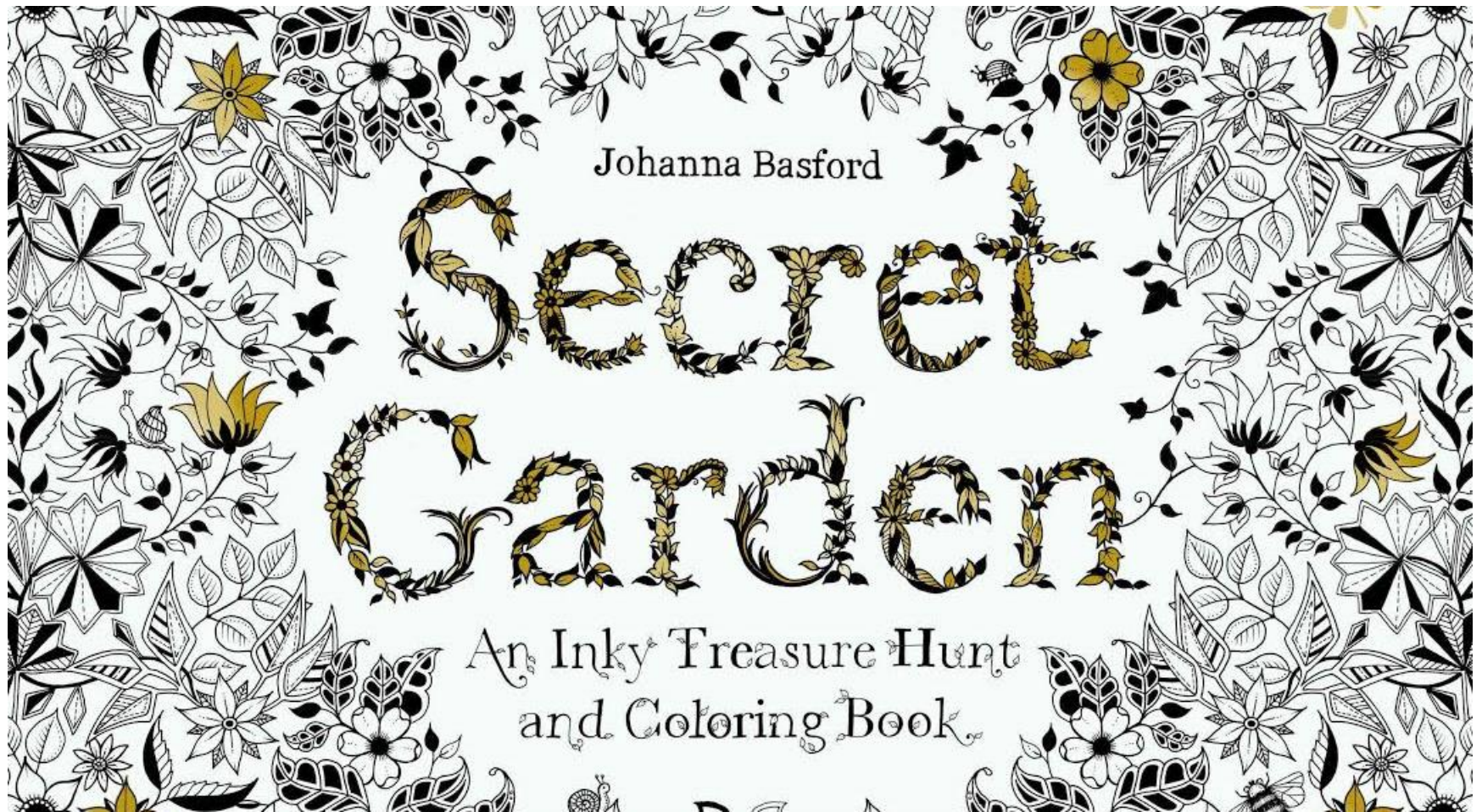
ing. Further, exercising our minds is a value our society promotes. We take classes, read literature and news magazines, do crossword puzzles or Sudoku. But somehow once we get past the age of ten we generally start paying less attention to our creative muscles. And, just like our physical muscles that fail to be engaged, so can our creative muscles begin to atrophy.

Exercising your creative muscles can be accomplished in a variety of ways, some of which include...

- planting a swath of backyard dirt with a garden filled with colorful flowers or aromatic herbs
- dusting off your guitar or piano keys and taking music lessons
- collaging a few family photographs
- taking a pottery class...clay is a wonderful teacher, it comes from the ground and grounds those who touch it.
- subscribing to Cooking Light and experimenting with new cooking and baking recipes
- playing dress up in your own closet coordinating old favorites with new styles.

Flexing those creative muscles will definitely make them stronger and more defined. What can you do to flex your creative your creative muscles? Flex away....

Coloring Books for Adults



Johanna Basford

Secret Garden

An Inky Treasure Hunt
and Coloring Book

Coloring is Like Yoga and Meditation

- **Craig Sawchuck a clinical psychologist at the Mayo Clinic in Rochester, Minn says:**
-
- “Coloring books work like other mindfulness techniques such as yoga and meditation. It works almost like a volume knob to turn down the sympathetic nervous system, the stress response. Coloring can help slow down heart rate and respiration, loosen muscles and stimulate the brain, he says. Coloring has a “grounding effect” — “the gentle pressing of the crayon or pencil on the page, the texture of the paper across your hand, and the soft sounds of the coloring instrument moving back and forth in a rhythmic fashion,” he says.”

NCCA- National Center for Creative Aging

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