

Mindful Monday Message #11 – 18 July 2016

One of the most important messages to come out of the research from Positive Psychology is the importance of creativity to overall wellbeing. Too often people report that they “don’t have time” to engage in creative pursuits. However, it is becoming increasingly clear that rather than being at the bottom of a priority list, creativity should be close to the top.

Deciding on pursuing creative pursuits starts and finishes with mindfulness. A regular mindful practice has been shown consistently to increase creativity and problem-solving skills. Engaging in mindfulness gives the conscious brain a break and allows rigid and inflexible ways of thinking to be challenged. Mindful activities allow for clarity of thinking by clearing the brain, fine-tuning focus and allowing for a broadening of perspective. All of these factors contribute to creativity by allowing the brain to make new connections.

Dr Annmarée Wilson