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Sparking Art

Ten Benefits of Creativity

Access to self-healing

The process itself of creative activity promotes emotional healing.

Better physical health

The process itself of creative activity promotes physical healing. Art, like music, is a right brain activity, which stimulates the production of endorphins, the body's own natural healers. Science has proven that the production of endorphins lowers blood pressure and reduces anxiety.

Improved relationships

Taking time to create is a kind of self-care that allows one to regenerate energy. Giving to oneself in this way strengthens ability to support others, naturally enhancing the relationships.

Increased self esteem and self confidence

Creative expression comes from deep within a person, and the expression itself says "I matter."

Increased intuitive intelligence

Participating in creative activity results in more trust of instincts and intuitive impulses.

Better problem solving skills

Creative exploration implies that the artist is not entering into a set of premeditated steps. When using a beginner's mind, there are always many possibilities to consider. Creative projects can be a process of making choices and assessing feelings about results.

More self-knowledge

The creative process is an exploration of what one thinks and believes and feels. It is a discovery of one's deepest desires. It is an expression of the many facets of one's nature.

More connection, community & support

Creative expression communicates one's experience of life, feelings, identity, and personality, and creates opportunities for understanding and connection with others.

More freedom

In the best art-making environment, it's OK to be messy, to explore, to try out ideas, to allow whatever happens. When there is no restriction by others' requirements or direction, and no judgment of results, one experiences much more freedom than in other areas of life.

More energy

Answering the urge to create relieves internal mind chatter, allows a natural high, and shifts mood from negative to positive, all of which free up energy.

A sense of more time

Immersing one's self in creative pursuit can provide an expanded sense of time.