

CREATIVITY OPENS THE INNER EYE



You've probably heard of flow— it's the state you get in when you're completely absorbed in something. Have you ever been working on a project and completely lost all sense of self and time? That's flow. It boosts your mood, and even slows your heart rate. Creativity helps you to increase your dopamine level and you become happy! It improves your mental health. The average person has about 60,000 thoughts in a day. A creative act such as crafting can help focus the mind, and has even been compared to meditation due to its calming effects on the brain and body. Creativity helps you to boost your immune system , reduces your stress level and also anxiety. When you draw or play music , the happiness hormone releases from your brain and the nerves start to work better than before ! This will you make you smarter. Moreover, Creativity allows one to express oneself. When you create something colourful and people appreciate your work , you become proud. Creativity can lead feelings of accomplishment and pride. Creativity can help you socialize with others with the same interest you have ! Creativity is multidisciplinary which means you have to have creativity to work in any sector with excellence. It makes you a life-long learner. Creativity allows you to experiment with your work , so you never get bored of your work , it's like a fun-filled and also safe experiment. You get new ideas and ideas help you grow as an amazing person more and more. You feel free and independent and also you can save a lot of money from buying the same things which you can make at home. Creative thinking widens your outlook and helps you to see the world in many ways. People aren't born creative, they practice and practice and think in a different way and become creative people. Imagination is the primary element of Creativity. Meditation, yoga, exercise, walking through a forest of trees, being creative are all ways of helping you get into a state of mindfulness. And the most awesome part of being creative is you can create many cute and cool things for someone close to you!

It can make them instantly happy. Trust me , I have tried it and I got successful. I feel happier when my close ones are happier. Benefits of being creative are too many to explain. You gotta be creative to feel it yourself and help others to feel it as well. We always have to remember that Creativity is the key to invention.