

# Wellbeing Tip of the Week

## Creative Expression



Engage in a creative activity to help you feel calm and more relaxed. Colouring, dancing, creative writing, playing an instrument or knitting, are all examples of ways we can be creative and express ourselves.

Research has shown that creativity can help to reduce stress and anxiety and increase self-esteem. It also provides an outlet for us process difficult feelings and find some relief.

Don't worry if you don't think you're any good at these things, this is an activity just for you!