

LAUGH YOUR WAY TO CREATIVITY

[REFER TO THIS LIST IN MOMENTS OF COMPLETE CREATIVE MELTDOWN, THE MENTAL BLOCK, ARTISTIC MALFUNCTION AND UTTER STUCK-NESS]

1 HAVE A NAP

YOUR BRAIN DOES A LOT OF ITS PROCESSING AND ORGANISING WHEN YOU'RE ASLEEP. YOU WILL WAKE UP OVERFLOWING WITH IDEAS

2 PAINT THE WALLS BLUE

A BIT IMPRACTICAL BUT PSYCHOLOGISTS BELIEVE BLUE CAN POSITIVELY AFFECT MENTAL PERFORMANCE

3 READ ALICE IN WONDERLAND

THE MIND MAKES MEANING FROM EXPERIENCE, THE MORE ABSURDITY IT COMES ACROSS THE HARDER IT HAS TO WORK TO FIND MEANING

4 HAVE A LAUGH

NONSENSE AND HUMOUR ARE SAID TO WAKE UP AND SHAKE UP YOUR BRAIN CELLS

PRACTICE

MINDFULNESS

5

FOCUSED ATTENTION PROMOTES DIVERGENT THINKING

6 PUT THE RADIO ON

BACKGROUND OR AMBIENT NOISE CAN ENHANCE CREATIVE COGNITION

7 WORK BY CANDLELIGHT

DIM LIGHTING ENCOURAGES FREEDOM OF THOUGHT

8 IF THEY FAIL EAT CHOCOLATE

DARK CHOCOLATE WITH A HIGH COCOA CONTENT RELIEVES MILD COGNITIVE IMPAIRMENT AND WILL GIVE YOU A BOOST