

Creative Fix

Creative First Aid Kit

VOLUME 2: RECONNECT

ALLEGRA CHAPMAN

HELLO



My name's Allegra Chapman. I'm an author, columnist, creative wellbeing practitioner and creativity coach.

I'm an activist and AuDHD dissident, who loves helping people to escape society's narrow boxes and express their true selves.

You can find more from me on creative therapy, support for neurodivergent creatives, and life as a writer at:



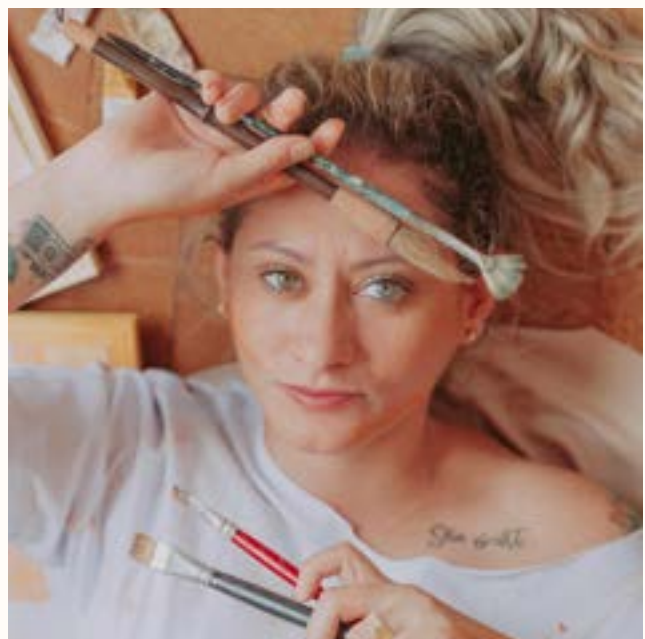
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WHAT'S IN THIS KIT?

This is **Volume 2** of a 4-volume series.

Get Volume 1 **free** here: mailchi.mp/creativefix/firstaid

Volume 1: Stabilise was about soothing your system in moments of overwhelm and dysregulation. In this Volume, **Reconnect**, we're moving you forward to a place where you can gently and consistently engage with creativity to support your wellbeing on an ongoing basis.

Have I mentioned how good creativity is for wellbeing?!
(That's a rhetorical question, I do not shut up about it.)

A regular creative habit helps to reduce anxiety and depression. It improves self-esteem and confidence. It relieves stress, helps you process difficult emotions, and increases all-round happiness.

Not only that, but it can boost the immune system, lower blood pressure, and reduce chronic pain. It increases cognitive function, boosts memory and improves coordination. Not just a little hobby, then – important stuff!

If you are suffering from severe health challenges or feeling unable to cope, make sure you seek help from a qualified professional. This guide isn't a replacement for treatment or therapy, but it can be an addition.

As always, use this however feels good. Skip pages, do short bursts, pick sections that resonate in the moment, leave things unfinished, adjust activities to suit you. There's no pressure, no expectations, no "good" or "bad". Just your personal self-expression, as and when you want it.

WHAT'S IN THIS KIT?

Here's where to find everything at a glance.

1: What reconnection really looks like



Building a relationship with your new creative self.

Pages 6 – 9.

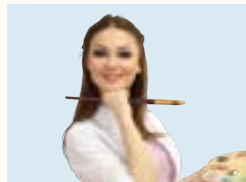
2: Tiny creative rituals



Short sensory practices to help creativity feel safe.

Pages 10 – 15.

3: Creative therapy



Low-pressure activities to connect with your self.

Pages 16 – 19.

4: Building creative momentum



No-pressure ways to build steady habits.

Pages 20 – 23.

WHAT'S IN THIS KIT?

5: Everyday creative actions



_____ Weaving creativity into everyday life.

Pages 24 – 29.

6: Journaling prompts



_____ Explore your creative identity and understand any barriers.

Pages 30 – 35.

7: Prompt pack



_____ Creative prompt collections for various situations.

Pages 36 – 41.

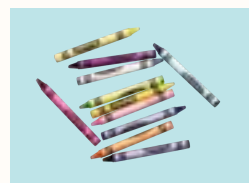
8: Your personal reconnection plan



_____ Guided prompts to create your own roadmap.

Pages 42 – 49.

9: Accidental Creativity record



_____ Track how creative you are without even realising.

Pages 50 – 51.

1 WHAT RECONNECTION REALLY LOOKS LIKE

Maybe you used to have a creative practice, but time and energy haven't been available and it fell away. Perhaps you enjoy a particular art form, but you've been pushing hard on certain projects, and it feels more like work than passion. Or maybe the last time you did anything that felt "creative" was at school.

Whatever your relationship with creativity, you've not been doing it wrong. There's no shame or guilt or failure here. Just a scale that needs to be rebalanced.

We're not aiming to "get back to how it used to be". We're looking to discover what creativity looks like now. For this version of you, in this season of life.

You've changed. Your life has changed. Creativity can - and will - meet you where you are.

Start small

Acknowledge your creative self by...

- Noticing examples of a colour you like
- Writing down interesting phrases you hear
- Doodling while you wait for the kettle to boil

Do it your way

Make space for your creative self by...

- Keeping it simple
- Going at your own pace
- Making your creative time as long or short as suits you
- Not following a set routine unless it feels good

Follow curiosity

Encourage your creative self by...

- Not aiming for perfection
- Allowing it to be messy
- Focusing on what feels fun
- Staying curious about your way of creating
- Being willing to experiment

Built trust

Embolden your creative self by...

- Letting small actions be enough
- Allowing things to stay unfinished if the fun fades
- Not pushing yourself past your limits

WHAT RECONNECTION REALLY LOOKS LIKE

Use these journal prompts to start understanding your new creative self and your relationship with creativity now.

What season is your life in right now?

What do you want creativity to look like for you in this season?

What feels possible / doable when it comes to creativity at the moment?

WHAT RECONNECTION REALLY LOOKS LIKE

What expectations are you ready to let go of?

What small signs tell you that your creative self is still part of you?

What would you like to say to your creative self?

*You are not who
you once were.*

You are becoming someone new.

That is how it should be.

That is beautiful.

We are always becoming.

That is the magical nature of our
creative selves.

Forever transforming.

2 TINY CREATIVE RITUALS

Ever set time aside for art then spent that time staring at a wall? Or said “I’ll do one more thing, then I’ll have creative time,” but the *one more things* never ended? **Here’s why...**

You need transition support

Transitions are tough. Especially if you have a neurodivergent brain or you have limited energy.

We need support to move from one state of mind to another. Jumping from admin to laundry to art does not encourage flow, and doesn’t feel safe.

You need to settle your nervous system

Although we love it – and sometimes, because we love it – our creativity can feel intimidating. We come to it with a lot of pressure and fear and shame. Especially if we’ve had time away.

A moment to regulate your system allows for a calm and relaxed approach.

You need a cue

To build a regular habit, your brain needs a cue that it’s time for *the thing* now. You don’t need to “make time” to brush your teeth – you do it when you wake up or after you eat breakfast. You do it on autopilot.

A creative ritual sets a cue for your brain that *it’s creative time now*.

You need to engage your senses

Creativity is a whole-body process. It doesn’t just happen in our brains, it is a way of exploring our full experience of the world. So often in our modern world, we’re disconnected from our bodies and the wider knowing they hold.

Ritual is a sensory experience that brings us back to our full selves.

2 TINY CREATIVE RITUALS

As we want to engage our senses, rituals should incorporate some sensory elements that make us feel good. Here are a few examples:

Sight

Light a candle
Open curtains
Look at a picture

Sound

Play a song
Play nature sounds
Appreciate silence

Smell

Burn essential oil
Smell flowers
Apply moisturiser

Taste

Sip a warm drink
Eat a snack
Suck a sweet

Touch

Wrap up in a blanket
Hold a comforting
object

Action

Stretch
Breathwork
State an intention

Prep

Lay out materials
Review previous work
Tidy your space

Spark

Read a poem
Choose a prompt
Find an interesting
word / image

Start

Write the date
Make a single mark
Set a timer

Don't try to do ALL of these. Just choose a few that resonate and feel easy.

2 TINY CREATIVE RITUALS

Here are a few example rituals for different moods.

When you feel anxious

Make a warm drink. Notice the feel of the mug, the smell and the taste of the drink. Sip slowly, being aware of the sensation as it moves through your body.

Take a few deep, slow breaths. Whisper, "I am safe to express myself."

Choose comforting materials, and do something that feels enjoyable.

When you feel stuck

Play energising music.

Stretch, shake, or have a quick dance.

Set a three-minute timer and allow yourself to scribble whatever comes out.

When you feel tired

Wrap yourself in a warm blanket.

Eat a snack and set a gentle intention while you savour the flavour.

Choose a prompt to ignite your spark, and stop when you've had enough.

When you feel energised

Open the curtains wide or light a candle and bask in the light for a moment.

Burn some essential oils or use a room spray.

Stretch and take some deep breaths, then play nature sounds as you begin.

TINY CREATIVE RITUALS

Example creative ritual:

1) Make a cup of tea

Inhale the aroma, notice the warmth of the mug, sip slowly and notice the taste.

2) Put on your favourite playlist

It could be songs that energise you, or help you concentrate, or it could be nature sounds.

3) Light a candle

Imagine you are lighting your inner flame.

4) State an affirmation

E.g. "I am allowed to share my voice".

5) Open your notebook

Write the date so the page is no longer blank and scary.

6) Set a timer

Whether it's five, ten, twenty minutes, or whatever feels comfortable. Stop when the timer goes off.

7) Close the space

Close your notebook, blow out the candle. Say, "That is enough for today."

TINY CREATIVE RITUALS

Use these prompts to build your own creative ritual:

I feel most creative when...

Sensory experiences that help me feel calm include...

Materials I enjoy using are...

One small action that helps me make a start is...

TINY CREATIVE RITUALS

A ritual I would like to try is...

3 CREATIVE THERAPY

These activities invite you into a gentle creative practice, but also help you to process thoughts and emotions, make sense of your experiences and reconnect to yourself.

Talk to your Creative Self

Imagine your creativity as a person.

Take a moment to think (or write down, or draw) what they look and sound like.

Write (or record yourself speaking out loud) a conversation with your creative self.

You might ask them questions like...

How are you feeling?

What have you been trying to tell me?

What do you need from me right now?

Do they have questions for you?

See where the conversation takes you.

Afterwards, take a moment to reflect:

Did anything surprise you about this conversation?

3 CREATIVE THERAPY

Inspiration Map

Write **"What Inspires Me"** in the centre of a page.

Around it, add anything that sparks your imagination. It could be...

people books colours
places memories ideas
sounds themes
anything else you can think of!

Your Creative Journey

Draw a line representing the timeline of your life, from birth to now. On it mark significant creative moments, such as...

early expressions periods of flourishing
times you tried setbacks breaks
new beginnings

What patters do you notice? What has remained constant? What has shifted?

3 CREATIVE THERAPY

Ripping Up the Rulebook

Draw a line down the middle of a page. On the left, write down every "rule" you can think of about creativity.

E.g. "I must finish everything I start", "Real artists make art every day", "There should be a point to each piece of work"

On the right-hand side, write down gentler alternatives. E.g. "Unfinished work helps me grow"
Rip off the left-hand side and tear it up.

Creative Self-Portrait

Create a self-portrait using symbols, words, colours, doodles, collage materials... anything that says something about your creative self.

You can make them into an approximate shape of a person, or just cover a page with them.

When choosing what to include, think about your strengths, challenges, dreams, values, what brings you joy...

3 CREATIVE THERAPY

The Joy Inventory

Make a list of...

materials you love
subjects that fascinate you
creative activities that energise you
moments when you feel most alive
places that feel nurturing / inspiring
people that make you smile
experiences that light you up
sights that lift your spirits
anything that, to borrow a phrase, sparks joy

If you want to, you could make a collage of
images, doodles, mementos, photos, and
anything else that represents some of those
things.

When you've compiled your joy inventory, ask
yourself...

What deserves more space in your creative
life?

What would nurture your creative spirit?
How can you bring more joy into your life more
often?

4 BUILDING CREATIVE MOMENTUM

When creativity has felt distant, it can be tempting to believe you need a dramatic breakthrough. In reality, momentum is created through small, repeatable actions.

One sketch.
One paragraph.
One sentence.
One collage.
One curious moment.

These tiny acts may seem insignificant, but they create movement.

And movement generates momentum.

Momentum does not require:

- working every day
- finishing every project
- feeling inspired all the time

It simply means returning to creativity often enough that the connection begins to strengthen.

On the following pages, you'll find some gentle ways to measure and celebrate your progress. Seeing your momentum in action will help you to build more of it!

Timers are your friends



If you're struggling to get going, set a timer. Anything from three minutes to 60, depending on your capacity. A defined container lessens pressure on your nervous system. You don't have to write a whole novel, you just have to write for 5 minutes. That feels safe and doable.



BUILDING CREATIVE MOMENTUM

Tiny Wins Tracker

Notice and celebrate your tiny wins. This helps you demonstrate to yourself that you are showing up with courage and persistence.

Examples of tiny wins:

- Opened my notebook
- Wrote three sentences
- Tried a new material
- Returned after a long break
- Finished one page

My Tiny Wins

Date: _____ Win: _____

Date: _____ Win: _____

Date: _____ Win: _____

Date: _____ Win: _____

Date: _____ Win: _____

Date: _____ Win: _____

4 BUILDING CREATIVE MOMENTUM

Momentum Ladder

If you have somewhere you want to get to with your creativity, don't jump straight at it. Break the process down into small, manageable steps so you can work your way towards your goal in a sustainable way that you can stick to.

For example, if your goal is to draw regularly, your ladder for your next five creative sessions might be:

1) Open sketchbook. 2) Make one mark 3) Doodle for two minutes 4) Doodle for five minutes 5) Sketch one thing

Or, if you're aiming to write a novel, your ladder for your next five creative sessions might be:

1) Freewrite for 10 minutes. 2) Bullet point plot outline. 3) Note down details about main character. 4) Write for 20 minutes. 5) Make notes or observations about setting.

See how it works? Have a go at designing your own...

My Momentum Ladder

1

2

3

4

5

BUILDING CREATIVE MOMENTUM

What Helps / What Hinders

This sheet will help you untangle the challenges you're wrestling with when it comes to your creative practice.

It might feel like everything is against you right now, but once we reflect on what's really going on, and name the specifics, we can identify potential solutions.

What helps you feel creative?

What tends to get in the way of your creativity?

What's 1 - 3 small adjustment(s) you could make?

5 EVERYDAY CREATIVE ACTIONS

Creativity doesn't require hours of time and stacks of expensive materials.

Creativity can live in the small spaces between other parts of your life. Tiny moments of noticing, collecting, experimenting, and responding that keep you engaged with the world.

At Home



Photograph a shadow

Notice how light falls across a wall, object or floor.

Capture the moment in a photograph.



Rearrange three objects

Create a small composition using items nearby.

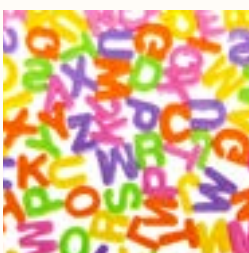
You could take a photo or a sketch, or just appreciate the beauty you have created.



Use the nice stationery

You know that pen or notebook you've been saving for "something special"? Now is the time.

A fresh tool can make familiar tasks exciting.



Collect a beautiful word

Browse books, newspapers, magazines... even junk mail.

Write down a word or phrase that attracts you.

5 EVERYDAY CREATIVE ACTIONS

While Resting



Doodle in the margins

Make shapes, patterns, notes or abstract marks around the pages of your notebook, sketchbook, or a book you're reading (yes, that is allowed, honestly).



Notice five colours

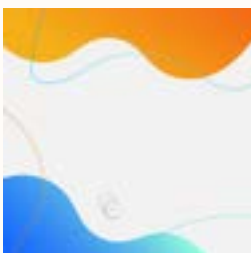
Look around the room you're in, or out of the window, and notice five colours. Write them down, photograph them, or voice-note what associations they bring to mind.



Describe a texture

Reach for something nearby and hold it, stroke it, or press it (safety first, of course!).

Note (written or spoken) what it feels like.



Draw your energy as a shape

Take a moment to consider how your energy feels in this moment.

Draw it as a shape. No explanation required.

5 EVERYDAY CREATIVE ACTIONS

Outdoors



Trace a shape

Use paper and a pencil or crayon to trace the shape of a leaf, pebble or other object.

Or take a rubbing of bark or stone.



Notice patterns

Look for lines, structures or shapes that repeat, in nature or man-made materials.

Take photographs, sketches or rubbings.



Collect a colour palette

Choose one colour and collect objects you find in different shades of that colour (only if it is safe and responsible to do so). You could make a collage with them when you get home.



Write down three things

Choose any three things that catch your eye, and write down your observations of each one.

Focus on the sensory details.

5 EVERYDAY CREATIVE ACTIONS

On Busy Days



Brainstorm ideas

Spend just two or three minutes brain dumping every idea swirling around in your head.

Then circle one that you want to return to.



One sentence about your day

It can be one happening that stood out, one moment of joy, one insight, one feeling, your overall perception of the day... Just write one sentence that feels meaningful.



Read a poem

Grab a book and read a single poem, or a paragraph.

Take note of anything that grabs your attention.



Set a two-minute timer

Set a timer and write, doodle or do anything you like for those two minutes.

When the timer goes off, allow yourself to stop.

EVERYDAY CREATIVE ACTIONS

For Writers

Capture a
single line of
dialogue

Describe an
interesting
smell

Collect
unusual
words

Write a
metaphor for
your mood

Note a
fragment of
conversation

EVERYDAY CREATIVE ACTIONS

For Visual Artists



Mix two
different
colours



Sketch an
everyday
object



Photograph
an unlikely
composition



Experiment
with pattern
or texture



Collect
shapes and
textures



JOURNALING PROMPTS

Here we're going to dive deeper into your creative identity.

Feel free to skip questions, answer with just a word or two, and come back to questions as many times as you like.

Creative identity

What does creativity mean to me at this stage of my life?

When do I feel most like a creative person?

Which parts of my creative identity feel strongest?



JOURNALING PROMPTS

Creative identity

Which parts of my creative identity feel neglected?

What kind of creative life do I want to build?

Fear and Vulnerability

What feels most vulnerable about creating?



JOURNALING PROMPTS

Fear and Vulnerability

What am I afraid other people might think?

What am I afraid might happen if I take my art seriously?

What has stopped me from sharing my work?

What would feel safe?



JOURNALING PROMPTS

Joy and Curiosity

What materials, ideas, or subjects excite me?

What small things spark my imagination?

When was the last time creativity felt playful?

What would I create if nobody ever saw it?



JOURNALING PROMPTS

Trust and Self-Compassion

In what ways am I learning to trust myself?

What would I say to a friend in my situation?

How can I be gentler with myself?

What am I ready to release?



JOURNALING PROMPTS

Looking Forward

What would I like to create next?

What tiny step feels possible this week?

What support would help me continue?

What am I ready to say yes to?

PROMPT PACK

Often the hardest part is knowing where to begin. Choose a ready-made starting point to take the pressure off!

When you feel stuck

**Draw the first
shape that
comes to mind**

**Write down five
words you are
drawn to today**

**Tear paper into
interesting
forms**

**Finish the
sentence:
“I don’t know,
but...”**

**Paint, draw or
describe a
scene using
only one colour**

**Set a 2-minute
timer and
make marks
continuously**

PROMPT PACK

Often the hardest part is knowing where to begin. Choose a ready-made starting point to take the pressure off!

When you need courage

**Share one
unfinished idea
with someone
you trust**

**Create
something
intentionally
imperfect**

**Write about
what you are
afraid of**

**List three ways
you have
already been
brave**

**Finish the
sentence:
“What I want to
say is...”**

**Take one small
risk in your
work**

PROMPT PACK

Often the hardest part is knowing where to begin. Choose a ready-made starting point to take the pressure off!

When you want to play

**Write a list of
impossible
inventions**

**Create a
collage using
only scraps**

**Draw with your
non-dominant
hand**

**Invent a
creature, place,
or character**

**Make a pattern
inspired by
something you
can see**

**Write a short
poem using
three random
words**

PROMPT PACK

Often the hardest part is knowing where to begin. Choose a ready-made starting point to take the pressure off!

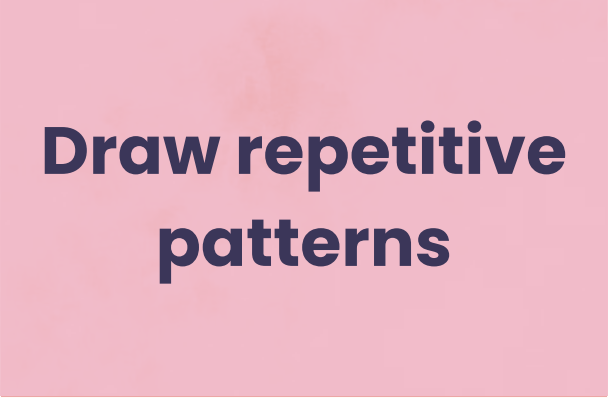
When you need comfort



**Create with
your favourite
colours**



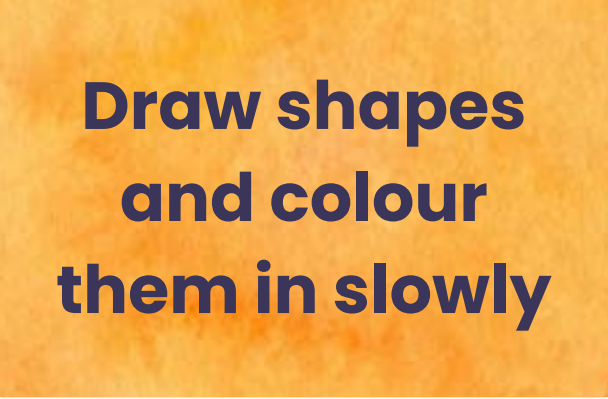
**Make a collage
of comforting
images**



**Draw repetitive
patterns**



**List things that
feel safe**



**Draw shapes
and colour
them in slowly**



**Capture a
peaceful
memory**

PROMPT PACK

Often the hardest part is knowing where to begin. Choose a ready-made starting point to take the pressure off!

When you need inspiration

**Revisit a
favourite book
or artwork**

**Create an
inspiration
board**

**Make a list of
topics
you love**

**Write about
something that
fascinates you**

**Visit a new
place, even
virtually**

**Follow one
thread of
curiosity**

PROMPT PACK

Often the hardest part is knowing where to begin. Choose a ready-made starting point to take the pressure off!

When you want to finish something

**Choose the
simplest next
action**

**List what is
already done,
and what
needs doing**

**Define what
“finished
enough”
means**

**Remove one
unnecessary
detail**

**Share your
work with one
trusted person**

**Celebrate
completion,
however small**



YOUR PERSONAL RECONNECTION PLAN

By now, you have explored a variety of ways to reconnect with your creativity.

You may have discovered:

- rituals that help you settle
- activities that feel meaningful
- prompts that spark ideas
- and strategies that make it easier to keep going

This section brings those discoveries together.

Think of it as your personal creative roadmap.

It does not need to be ambitious or complicated.

The most effective plan is one that feels realistic, flexible, and supportive.

You can return to this plan whenever creativity feels distant again.



YOUR PERSONAL RECONNECTION PLAN

My ideal creative conditions

Examples might include:

- quiet mornings
- a warm drink
- certain music
- working in short bursts
- having materials within reach



YOUR PERSONAL RECONNECTION PLAN

My favourite creative rituals

Examples might include:

- lighting a candle
- reading a poem
- saying an affirmation
- putting on noise-cancelling headphones



YOUR PERSONAL RECONNECTION PLAN

Signs I am becoming disconnected

Examples might include:

- avoiding my materials
- overthinking every idea
- feeling unusually critical
- losing interest in things that usually inspire me
- procrastinating



YOUR PERSONAL RECONNECTION PLAN

My favourite reconnection activities

Examples might include:

- activities from this First Aid Kit
- other creative actions that inspire you
- ways to rest and nurture yourself



YOUR PERSONAL RECONNECTION PLAN

The main challenges to my creativity

Examples might include:

- fluctuating health
- childcare demands
- self-doubt
- pain flare-ups
- being able to focus



YOUR PERSONAL RECONNECTION PLAN

Supportive resources for overcoming challenges

Examples might include:

- people who can help you
- guides and toolkits (like this one!)
- communities you are part of
- someone you can reach out to for advice (like me!)



YOUR PERSONAL RECONNECTION PLAN

My tiny next step

What is one small action you would like to take this week?

My gentle commitment

Over the next few weeks, I will support my creativity by...

Encouragement for future me

Write a message to yourself for when creativity feels distant..



ACCIDENTAL CREATIVITY

You are more creative than you realise!

Use this sheet to note down all the little moments of unplanned or unstructured creativity that occur throughout your days. The flower arrangement on your table, the new cushion you chose for your sofa, the dinner you put together... You'll be amazed at how much creativity is already happening.



ACCIDENTAL CREATIVITY

IF YOU WANT MORE...

You can access a range of creative therapy activities, gentle prompts, and tools for managing your nervous system in my Creative Fix membership. Visit

YourCreativeFix.substack.com/FirstAid

to get a **7 day free trial**.

This is Volume 2 of a 4-volume series

Volume 3: Sustain will take your new relationship with creativity into a long-term connection.

It will include:

- Designing a sustainable practice
- Managing creative boundaries
- Working with resistance
- Navigating rejection and self-doubt
- Matching creative activities to your energy
- Finishing and letting go
- Building creative ecosystems

Visit **CreativeFix.net/shop** for details.

Enjoy your new creativity connection!

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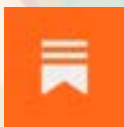
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