

CREATIVITY MEETS WELLNESS

Embrace the Creativity Within You!

It's summer! It's the perfect time to exercise your creativity muscle. Summers are a great time to embrace an artful life. It allows you to explore how you might bring more creativity into your life throughout the year. Think of it as your art-venture!

Here are some ideas:

- Try new things
- Visit a museum
- Keep a journal of your summer
- Review your vision board
- Set new goals
- Do a puzzle with a friend
- Play cards or board games with family
- Read affirmations every morning
- Coloring books
- Doodle
- Read a book
- Sign up for an art class
- Go to the park
- Visit a zoo
- Draw a picture of your favorite animal

Be mindful as to what gives you energy and what takes energy away from you. Can you think of things that cause you stress? Those are things that would be "energy-takers." Consider something like a nap. Does that refresh you – or does it make you feel sluggish? The effectiveness is different for each person. Find what brings you joy or gives you an energy boost. What makes you smile? Focus on having more of that in your life. The illustration I've created for you this month is all about the give and take of things in life. Consider where you spend your time. I've also put together a list of the many benefits of trying new things and making time for things that make you smile.



Trying new things can have many benefits, including:

Confidence

- Trying something new can boost your confidence by showing you that you can do it. This can lead to more morale and a willingness to try new things again.

Creativity

- Trying new things can stimulate your creativity by putting your brain in new situations that require it to think. This can lead to more creative thinking in other areas of your life.

Learning

- Learning new things can give you a sense of accomplishment and help you improve your life. You can learn to make better decisions and come up with more rational thoughts.

Happiness

- Trying new things can release dopamine and serotonin, which can reduce anxiety and increase feelings of pleasure and motivation.

Meaning and purpose

- Trying new things can lead to meaning and purpose, which have been linked to better health outcomes.

Overcoming fear

- Trying new things can help you overcome your fears and get to know yourself better.

Boredom relief

- Trying new things can help re-

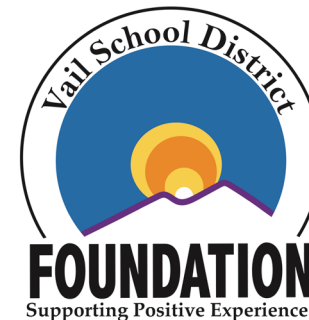
lieve boredom and push you past your limits. It can also help you grow by requiring you to let go of your comfort zone and beliefs.

An open spirit to try new things is synonymous with the spirit of self-improvement. It inspires growth, regardless of your age or situation. It stimulates your mind to challenge your beliefs and ultimately provides pathways to become the best version of yourself.

Embrace your creativity by being open to trying new things. Be prepared for unexpected surprises and pockets of joy as you experience new things. You will be rewarded for the courage you show as you get out of your comfort zone. We only find wholeness within by pressing the boundaries of who we presently are to become the person we are meant to be.

Embrace the creativity within you. Treat life as an adventure!

Lisa's passion is to help people discover their soul-purpose through therapeutic art practices. Kindle is fascinated at how color serves to assist in revealing a person's life path through creative wellness mentoring. She is the queen of creativity!



August 2024-25 School Year

The 2024-25 school year is off to a great start! We hope all the students and staff are getting back into their routines and that they will have a wonderful year!

Thank you to Concord General Contracting, WAXIE Sanitary Supplies, and Swaim Associates for renewing their support of the Vail School District Foundation. Our amazing sponsors help us fulfill our mission of enhancing the learning opportunities for Vail students. We could not do it without you! We have been able to award over \$130,000 in grants and scholarships because of their generous support.

Our grant application process has officially opened for our Vail teachers. Our Board of Directors look forward to supporting their amazing programs. Submit your applications to www.vsdfoundation.org to be reviewed each month.

If you own a business and would like to become a sponsor, contact us at vailsdfoundation@gmail.com. Let's work together to make this a great year for our Vail kiddos!

