

The background is a light teal color with a subtle gradient. It is decorated with several realistic water droplets of various sizes, some with highlights and shadows, giving them a 3D appearance. In the upper center, there is a faint, circular, concentric line pattern, resembling a ripple or a target.

GET YOUR MOJO WORKING!

RECLAIM YOUR CREATIVE PASSION



*“CREATIVITY MIGHT BE THE NEW
LONGEVITY TOOL
FOR YOUR BRAIN”*

**“EXPERTS IN TANGO, MUSIC, DRAWING, AND
REAL-TIME STRATEGY GAMING SHOWED DELAYED
BRAIN AGING BY 5 TO 7 YEARS.”**

[HTTPS://WWW.PSYCHOLOGYTODAY.COM/US/BLOG/FEED-YOUR-BRAIN/202512/CREATIVITY-MIGHT-BE-
THE-NEW-LONGEVITY-TOOL-FOR-YOUR-BRAIN](https://www.psychologytoday.com/us/blog/feed-your-brain/202512/creativity-might-be-the-new-longevity-tool-for-your-brain)



“'ARTS ENGAGEMENT' IS RELATED TO
4% SLOWER BIOLOGICAL AGING RATES.”

UNIVERSITY COLLEGE, LONDON

NPR, **ENGAGING WITH THE ARTS CAN SLOW BIOLOGICAL AGING**

[HTTPS://WWW.NPR.ORG/2026/05/12/NX-S1-5818172/STUDY-ARTS-SLOW-BIOLOGICAL-AGING](https://www.npr.org/2026/05/12/NX-S1-5818172/study-arts-slow-biological-aging)





**“CREATIVE PURSUITS HAVE THEIR STRONGEST
EFFECTS ON THE PARTS OF THE BRAIN THAT ARE
THE MOST VULNERABLE TO AGING.”**

PSYCHOLOGY TODAY: THE CONNECTION BETWEEN CREATIVITY AND LONGEVITY

[HTTPS://WWW.PSYCHOLOGYTODAY.COM/US/BLOG/CREATIVE-INSIGHTS/202606/THE-CONNECTION-
BETWEEN-CREATIVITY-AND-LONGEVITY](https://www.psychologytoday.com/us/blog/creative-insights/202606/the-connection-between-creativity-and-longevity)





“ONLY CREATIVITY—NOT INTELLIGENCE OR OVERALL
OPENNESS—DECREASED MORTALITY RISK.

ONE POSSIBLE REASON IS BECAUSE IT DRAWS ON A
VARIETY OF NEURAL NETWORKS WITHIN THE BRAIN”

[HTTPS://WWW.SCIENTIFICAMERICAN.COM/ARTICLE/OPEN-MIND-LONGER-LIFE/](https://www.scientificamerican.com/article/open-mind-longer-life/)





***“CREATIVE PRACTICE STRENGTHENS THE
COUPLING BETWEEN BRAIN REGIONS,
A HALLMARK OF SLOWER AGING.”***

GLOBAL BRAIN HEALTH INSTITUTE: THE ART OF STAYING YOUNG: CREATIVITY AND THE BRAIN

[HTTPS://WWW.GBHI.ORG/NEWS-PUBLICATIONS/ART-STAYING-YOUNG-CREATIVITY-AND-
BRAIN](https://www.gbhi.org/news-publications/art-staying-young-creativity-and-brain)



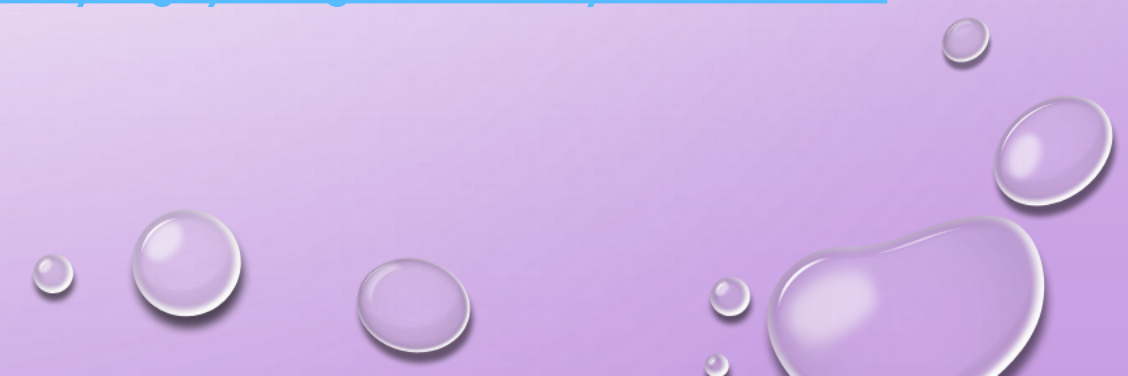


“THE AREAS MOST INFLUENCED BY CREATIVITY
WERE LINKED TO RHYTHM, ATTENTION, AND
IMAGINATION—FUNCTIONS LINKED TO
CREATIVITY AND MOST VULNERABLE TO AGING.”

Global Brain Health Institute:

“The Art of Staying Young: creativity and the brain”

<https://www.gbhi.org/news-publications/art-staying-young-creativity-and-brain>



EVEN JUST ENJOYING CAN EXTEND YOUR LIFE:

**“THOSE WHO PURSUED CULTURAL ACTIVITIES ON A WEEKLY BASIS
HAD A 4% SLOWER AGING RATE COMPARED TO THOSE WHO PURSUED
SUCH ACTIVITIES LESS THAN 3 TIMES A YEAR.”**

(UNIVERSITY COLLEGE, LONDON)

*Next generation epigenetic clocks were used to measure biological
age: DunedinPoAm, DunedinPACE, and PhenoAge*

[HTTPS://WWW.MEDICALNEWSTODAY.COM/ARTICLES/ARTISTIC-PURSUIITS-COULD-HELP-SLOW-DOWN-AGING#MORE-
FREQUENT-ARTISTIC-ENGAGEMENT-LINKED-TO-SLOWER-AGING](https://www.medicalnewstoday.com/articles/artistic-pursuits-could-help-slow-down-aging#more-frequent-artistic-engagement-linked-to-slower-aging)

Left brain expression (Academic)

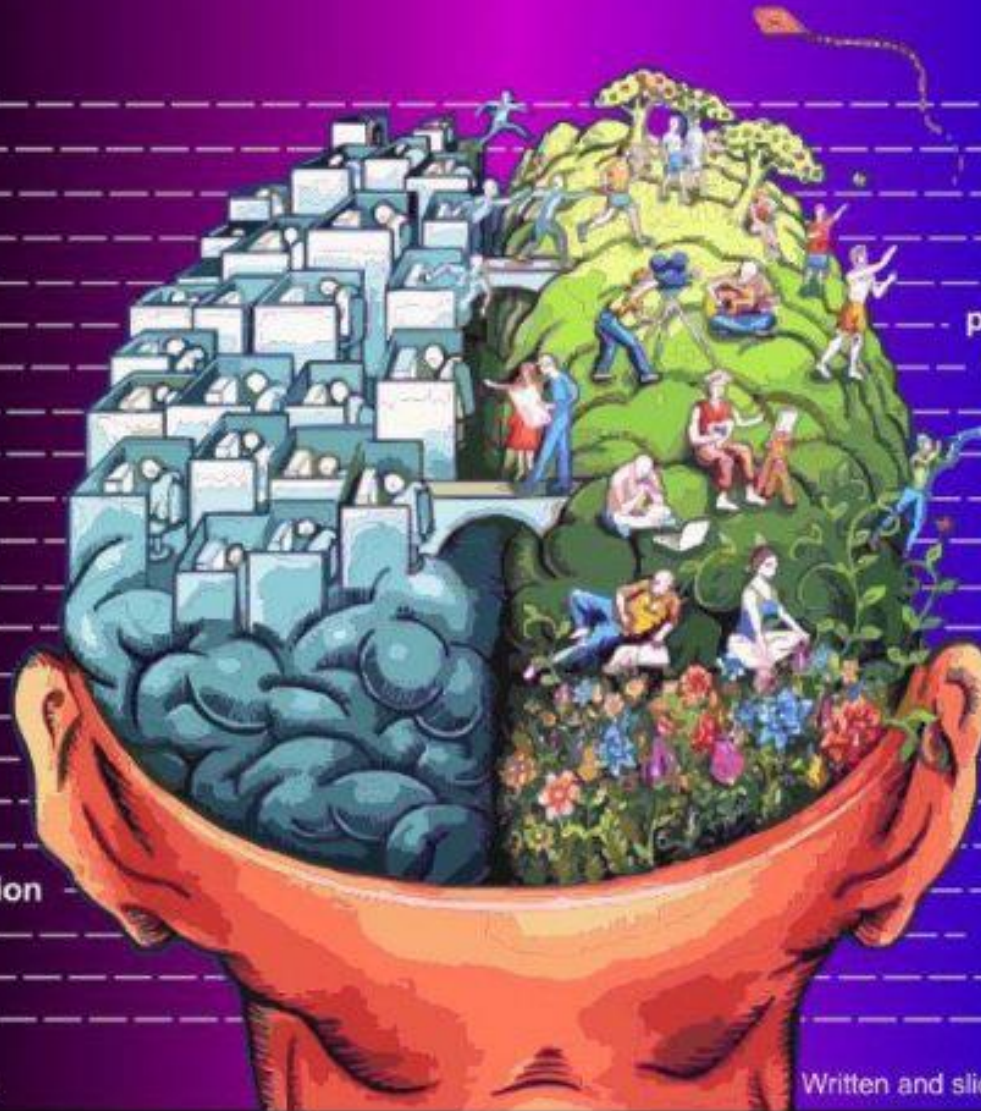
detail oriented —
(Looks at parts) —
Logical —
Sequential —
Rational —
math and science
can comprehend —
Analytical —
Objective —
uses logic —
facts rule —
words and language
present and past —
knowing —
acknowledges —
knows object name —
reality based —
forms strategies —
order/pattern perception —
practical/planned —
safe —
cautious —

Illustration by: VaXzine

Right brain expression (Creative)

'big picture' oriented
(Looks at wholes) —
Random —
Intuitive —
Holistic —
philosophy & spiritualism
can 'get it' (the meaning) —
Synthesizing —
Subjective —
uses feeling —
imagination rules
symbols and images —
present and future —
believes —
appreciates —
knows object function —
fantasy based —
presents possibilities —
spatial perception —
impetuous/spontaneous —
adventurous —
carefree/risk taking —

Written and slide design by Dr C Daniels 2008



YOUR TURN #1

As a Child,
I dreamed of...





TENZIN PALMO ON THE INNER VOICE

- JETSUNMA TENZIN PALMO IS A TIBETAN BUDDHIST NUN AND YOGINI. SHE IS AN AUTHOR, TEACHER AND FOUNDER OF DONGYU GATSAL LING NUNNERY IN INDIA.

[HTTPS://WWW.YOUTUBE.COM/SHORTS/NPT
KTHEACUE?FEATURE=SHARE](https://www.youtube.com/shorts/NPTKTHEACUE?feature=share)



SHANKAR VEDANTAM: BEFRIENDING YOUR INNER VOICE

THE HIDDEN BRAIN PODCAST

[HTTPS://WWW.HIDDENBRAIN.ORG/PODCAST/YOU-2-0-BEFRIENDING-YOUR-INNER-VOICE/?UTM_SOURCE=SUBSTACK&UTM_MEDIUM=EMAIL](https://www.hiddenbrain.org/podcast/you-2-0-befriending-your-inner-voice/?utm_source=substack&utm_medium=email)

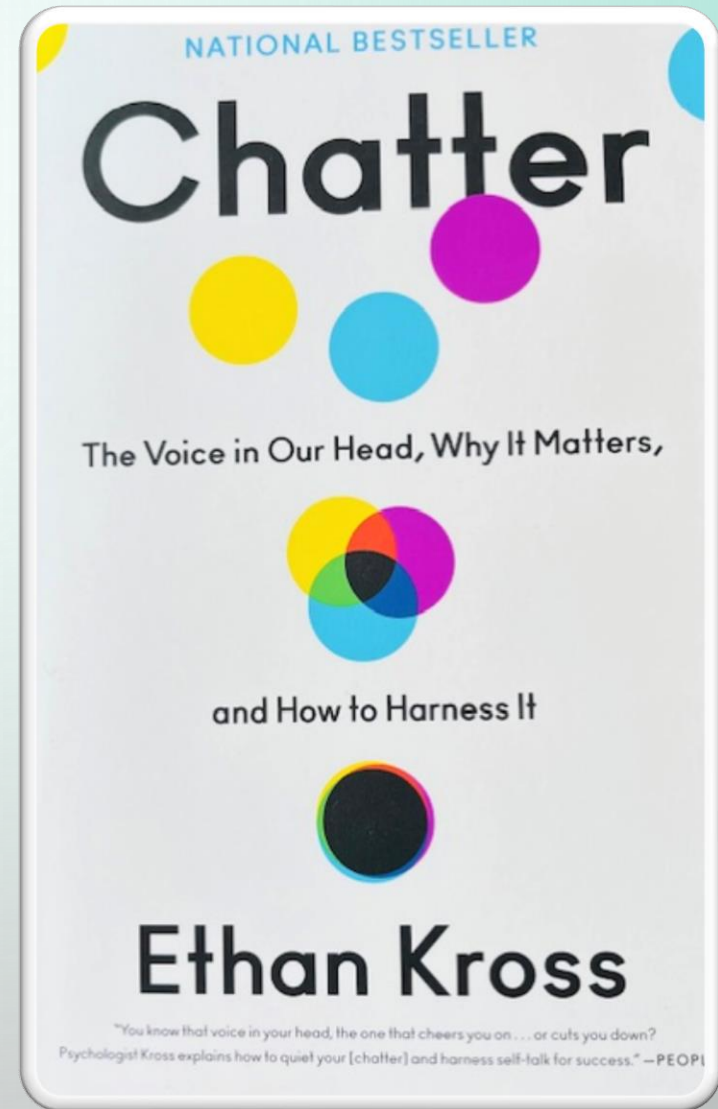
INNER VOICE STRATEGIES

DISTANCED SELF-TALK: SPEAK TO YOURSELF USING YOUR OWN NAME OR THE SECOND PERSON, NOT AS "I"

PERSPECTIVE: TALK TO YOURSELF AS IF YOU ARE GIVING ADVICE TO A CLOSE FRIEND.

REFRAME STRESS: SEE IT AS A "CHALLENGE" RATHER THAN A "THREAT"

MINDFUL PRACTICES AND RITUALS: CALM INNER AND OUTER CHAOS THROUGH RITUALS AND PEACEFUL ENVIRONMENTS.



ABANDON PERFECTIONISM: (IT'S GOOD TO BE BAD 😊)

*“YOU MUST DO THE THING YOU CANNOT
DO” – ELEANOR ROOSEVELT*

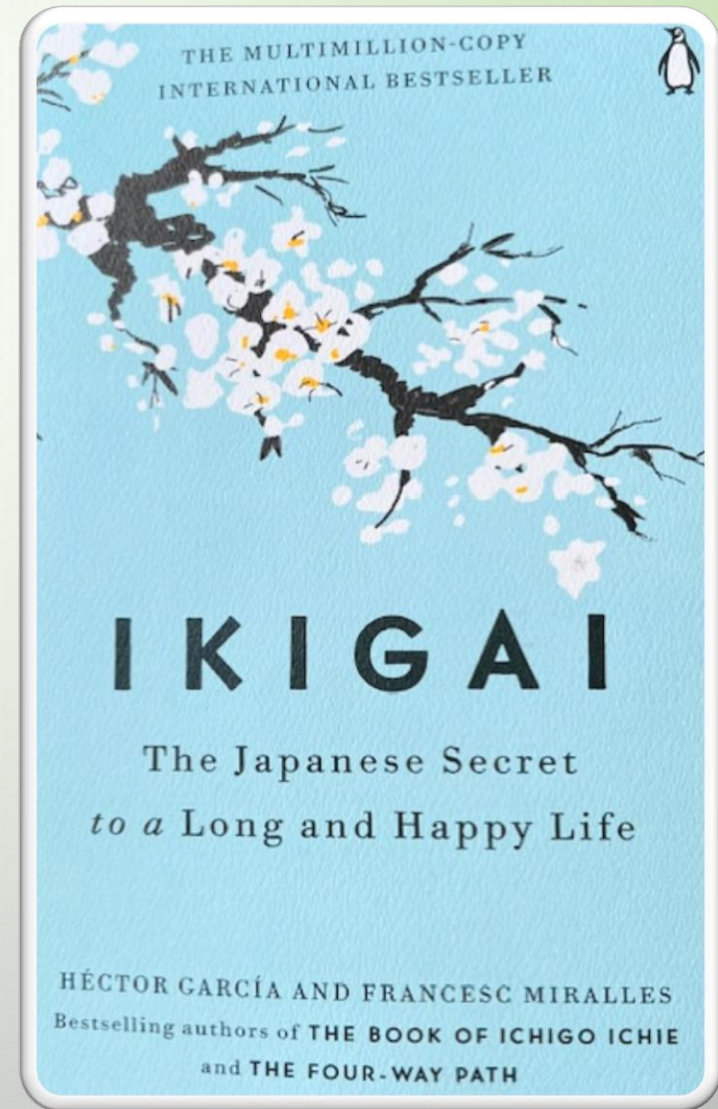
*“AND NOW THAT YOU DON'T HAVE TO BE
PERFECT, YOU CAN BE GOOD” – JOHN
STEINBECK*

*“THE PERSON WHO SAYS IT CANNOT BE
DONE SHOULD NOT INTERRUPT THE PERSON
DOING IT” – CHINESE PROVERB*



"HE WHO HAS A WHY TO LIVE
CAN BEAR ALMOST ANY HOW." --
-FRIEDRICH NIETZSCHE

IKIGAI – SENSE OF PURPOSE, JOY,
“THE REASON YOU GET UP IN THE
MORNING”



“Going With the Flow”

*“You are completely immersed in the experience,
not thinking about or distracted by anything else.*

*This is the kind of experience Bruce Lee described
with his famous “be water, my friend.”*

(Ikigai, p.55)



Jeanne Calment, the oldest person of verified age in history, died at age 122. She didn't worry about things she could do nothing about, was physically active, drank alcohol, and finally quit smoking at the age of 117, only because she couldn't see well enough to light up. She had a great sense of humor. When a visitor told her "Until next year, perhaps," she joked back, "I don't see why not! You don't look so bad to me".

CREATIVITY THRIVES ON...

- PLAYFULNESS
- WILLINGNESS TO TRY NEW THINGS
- THINKING OUT OF THE BOX
- ASKING “WHAT IF...?”
- TOLERATING AMBIGUITY (OPPOSITES CAN BE TRUE AND COMPLEMENTARY ☯)

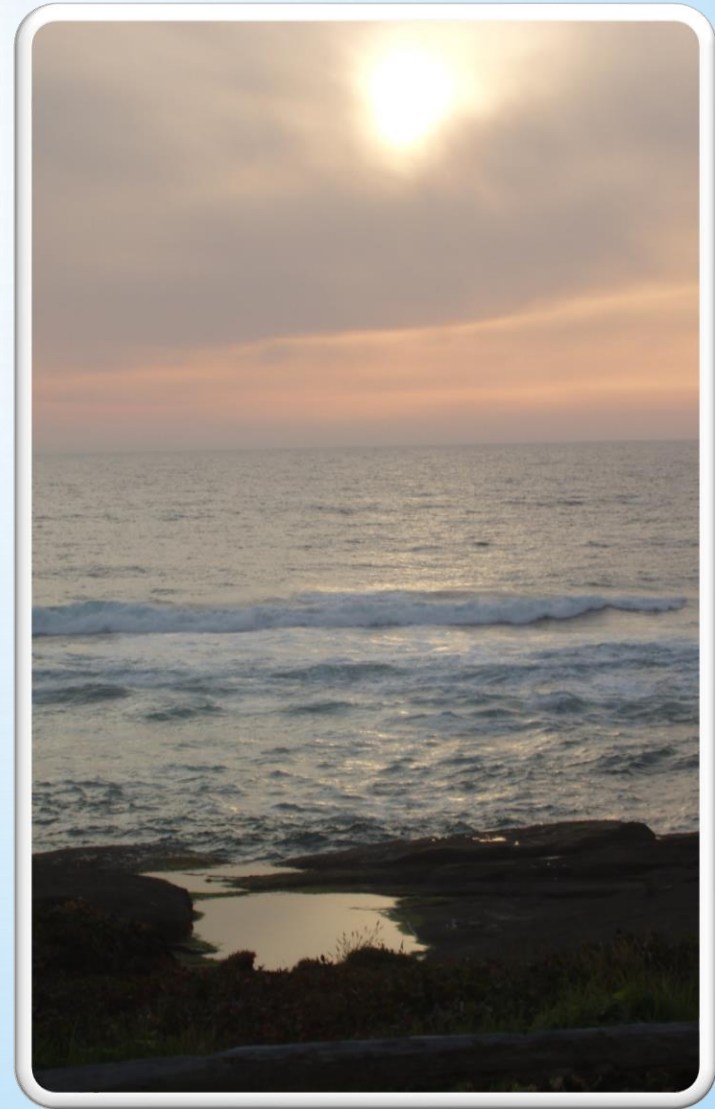


CREATIVE BRAIN HEALTH

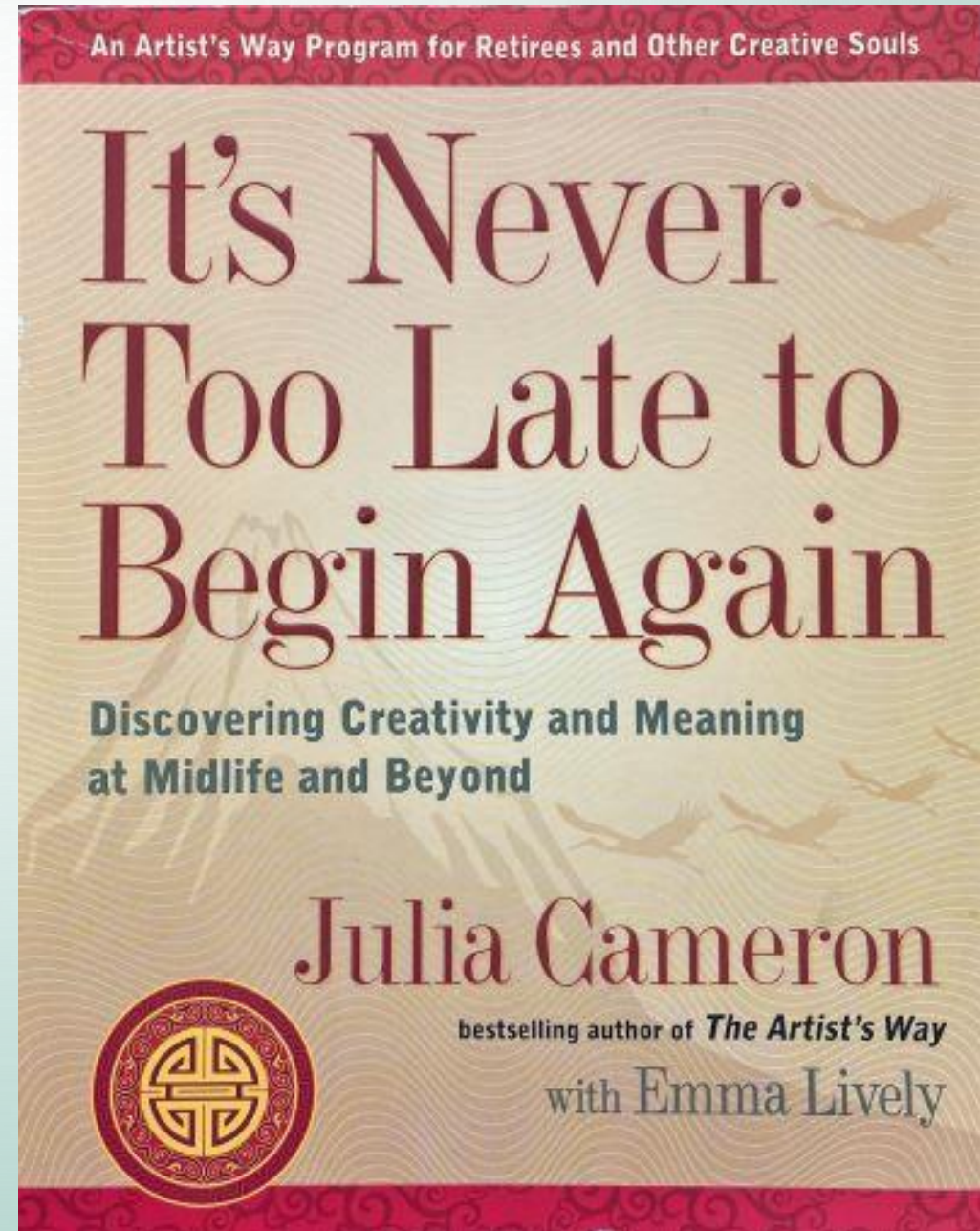
- ✓ THE BRAIN LOVES NOVELTY. CHANGE IT UP!
- ✓ LET YOUR MIND GO BLANK AND WANDER; GIVE IT SOME SPACE.
- ✓ DO THINGS DIFFERENTLY
- ✓ KEEP A NOTEBOOK BESIDE YOUR BED; WRITE DOWN IDEAS, SKETCH, RECORD YOUR DREAMS.
- ✓ SPEND TIME IN NATURE.
- ✓ MOVE YOUR BODY.
- ✓ PRACTICE MINDFUL MEDITATION AND MINDFUL ACTION: THIS ENHANCES NEUROPLASTICITY AND GENERAL BRAIN HEALTH

YOUR TURN #2

If it weren't too late,
I would ...



“Doubt kills more dreams
than failure ever will.”
--- Suzy Kassem

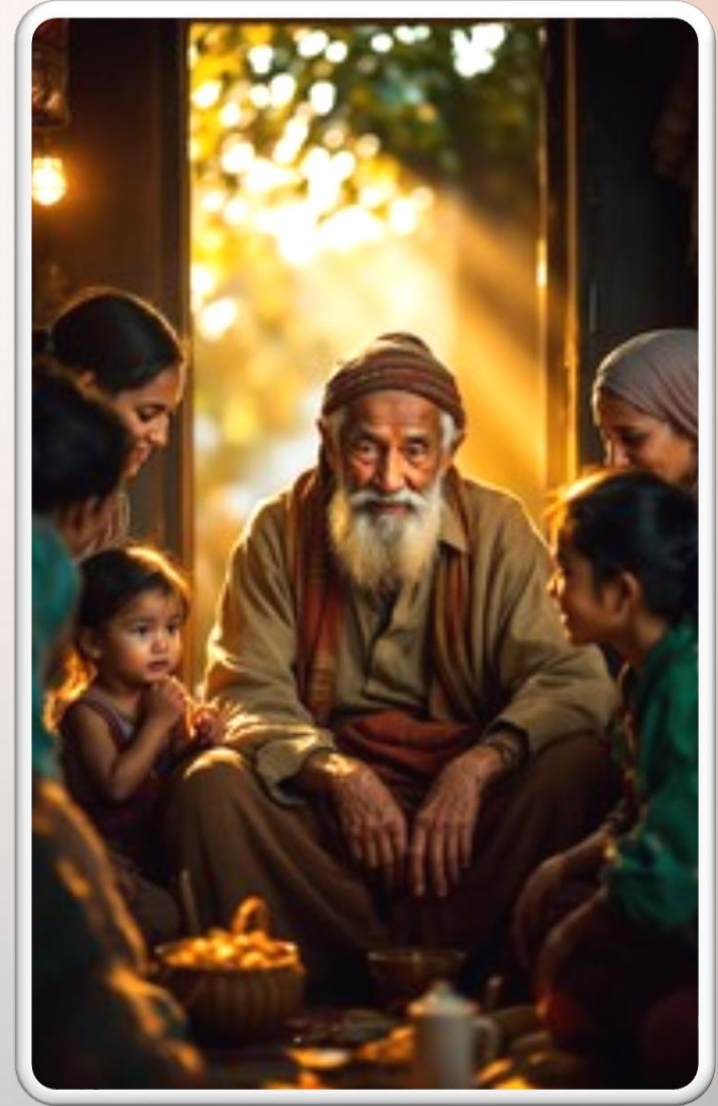


*“DON’T BE SATISFIED WITH STORIES,
HOW THINGS HAVE GONE WITH OTHERS.
UNFOLD YOUR OWN MYTH.”--- RUMI*

- ❖ **MORNING PAGES** – 3 PAGES OF LONGHAND WRITING,
STREAM OF CONSCIOUSNESS, FIRST THING IN THE MORNING
- ❖ **ARTIST DATES** – GO SOMEWHERE YOU HAVE NEVER BEEN,
DO SOMETHING YOU HAVE NEVER DONE, BY YOURSELF,
ONCE A WEEK
- ❖ **WALKING** – AT LEAST 20 MINUTES, WITHOUT A DOG, FRIEND,
OR CELLPHONE

YOUR TURN #3

*I would like to be
remembered as...*





GIVE TO THE WORLD
WHAT ONLY YOU CAN GIVE