ADHD & Creativity

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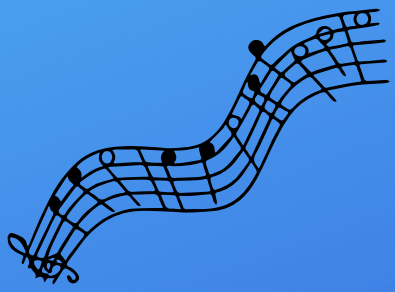

ADHD Creativity

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Creativity Benefits

Have you ever heard:
"Don't color outside the lines?"
Or
"Don't make a mess?"
Or
"It's nice but not my style."

I say to that: WHO CARES!
Make a mess, let your creativity take over, and embrace the joy that your ADHD Creativity gives you.

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Benefits of your creativity

Boosts self-esteem

Reduces stress, anxiety & depression

Improves communication skills & problem solving

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Being creative is not limited to painting, pottery, writing....

Many people are practicing creativity in their careers....you may shine when you come up with viable solutions in the workplace or creating a better way of doing things at home.

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Embracing Creativity

If music is your creative vibe, here are some ways to embrace it:

- Set a time for singing/playing
- Get up and dance! Put on your favorite playlist and dance like no one is watching
- Challenge yourself to learn a new instrument, learn a new song or write a song
- Look to your community to join a choir or band.

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If you are a writer, blogger or journalist, here are a few tips to let your creativity flow.

- Set a time every day to write- it can vary and don't worry- the sky won't fall if you don't write during that time.
- Keep a notebook by your bed and jot down dreams that may turn into your next novel.
- Keep a book of lists: plot ideas, character names, title ideas, who is your audience, blog subjects.
- Try free writing.

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If you are a painter, potter, or sculptor, here are some tips:

- If you don't have your own studio, book time at local studio.
- Write a list of things you want to create.
- Check your art supplies and make a list of what you need.
- If you want to showcase your work, look for local opportunities.
- Take photos of your work and share them on social media.

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About Terry Matlen

You may know her as a valued expert in the world of ADHD, but she's so much more.

Terry is an accomplished musician and composer. And her creativity expands to the art studio. Her unique creations have earned her a one-woman show in April of 2023 in the Detroit area. Details at https://bbartcenter.org/

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Master 150 Colored Pencil Mega-Tin Set
https://amzn.to/3DPYAlA

Mahl Stick for Steadying Painter Hand
https://amzn.to/3x3ckFJ

Blisstime Set of 42 Clay Sculpting Tool Wooden Handle Pottery Carving Tool Kit
https://amzn.to/3x4fSrm

Pottery Finishing Tools Clay Ceramic Throwing Trimmer Tools Rotary
https://amzn.to/3JK1cVT

Arteza Acrylic Paint Set, 100 Colors
https://amzn.to/40yxmtk

Arteza Pastel Watercolor Paint Set with Water Brush, 12 Watercolor Half Pans in Storage Tin
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Arteza Paint Canvases for Painting, Pack of 12
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