



# Creativity Under Stress

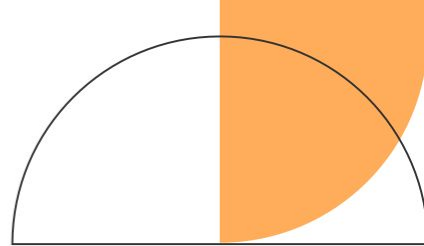
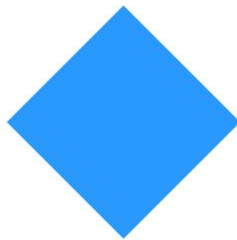
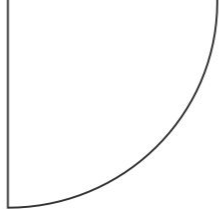
3 Ways to Unlock Ingenuity



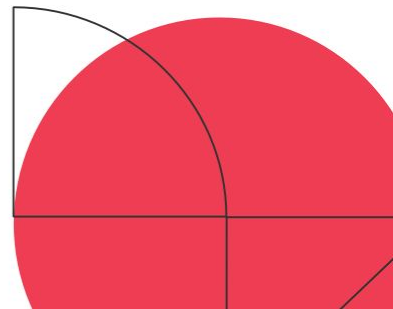


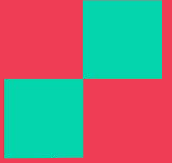
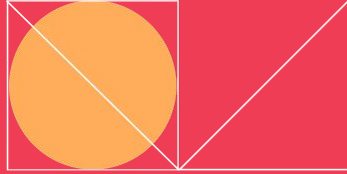
## Agenda

- 01** What is Somatics
- 02** Why is Creativity Important
- 03** Centering Practice
- 04** Cypher- Creativity Together
- 05** Two-Step- Embodying Change
- 06** Closing Gratitude



# What is Somatics?

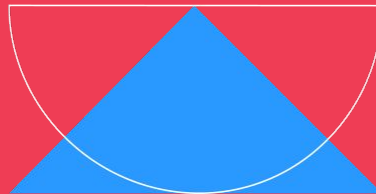




What is Somatics

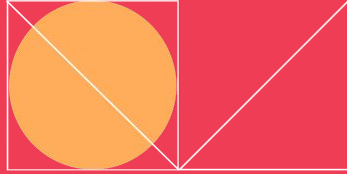
# Mind-Body Connection.

**Somatic practices encompass a series of movement forms that can be drawn together through their shared focus on body awareness through reflection on movement habits, opening up movement capacity and developing self.**





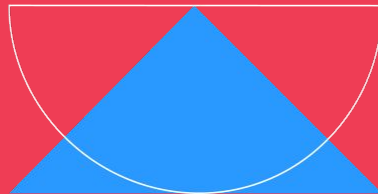
# Why is Creativity Important?

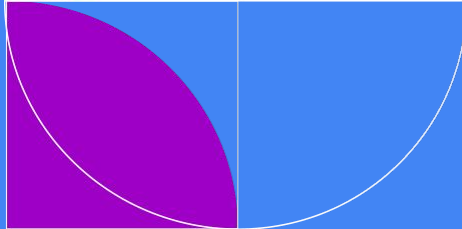


Why is Creativity Important

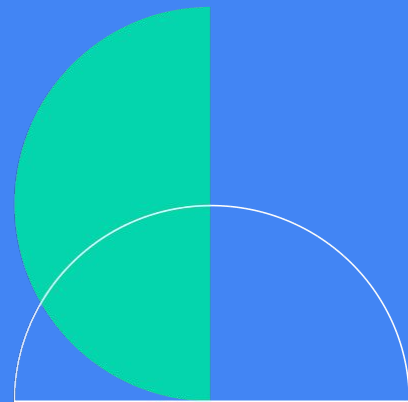
# Creativity reduces anxiety, depression, and stress...

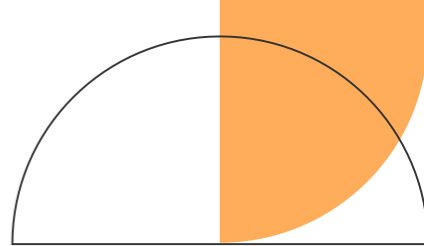
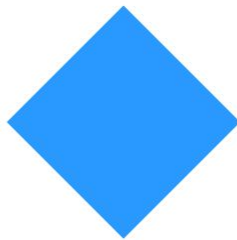
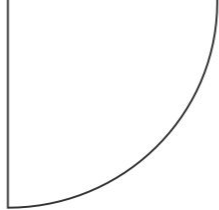
When the two hemispheres of your brain communicate with each other, your cognitive function improves. Plus, dopamine is good too.





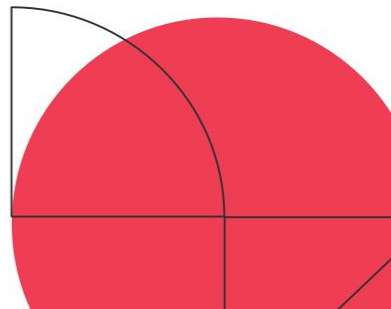
# Centering Practice





# Cypher

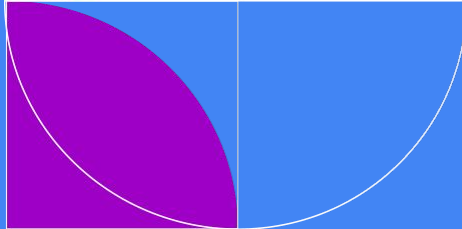
## Group Creative Practice



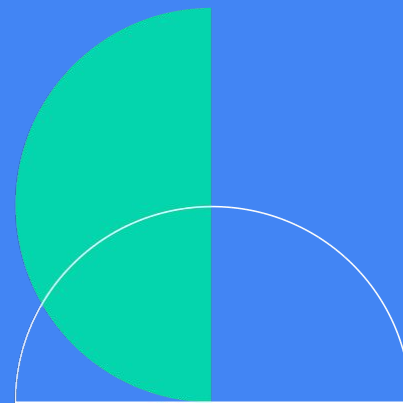




# Two-Step Embodying Change



# Gratitude Closing Practice





About

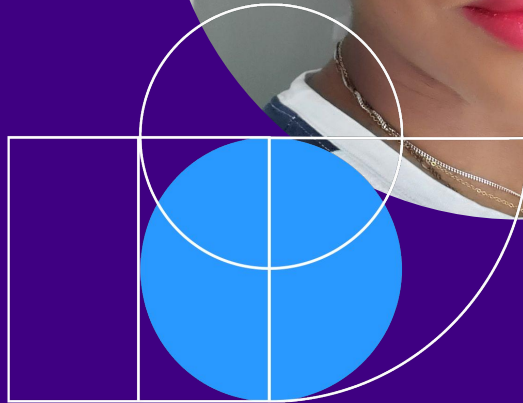
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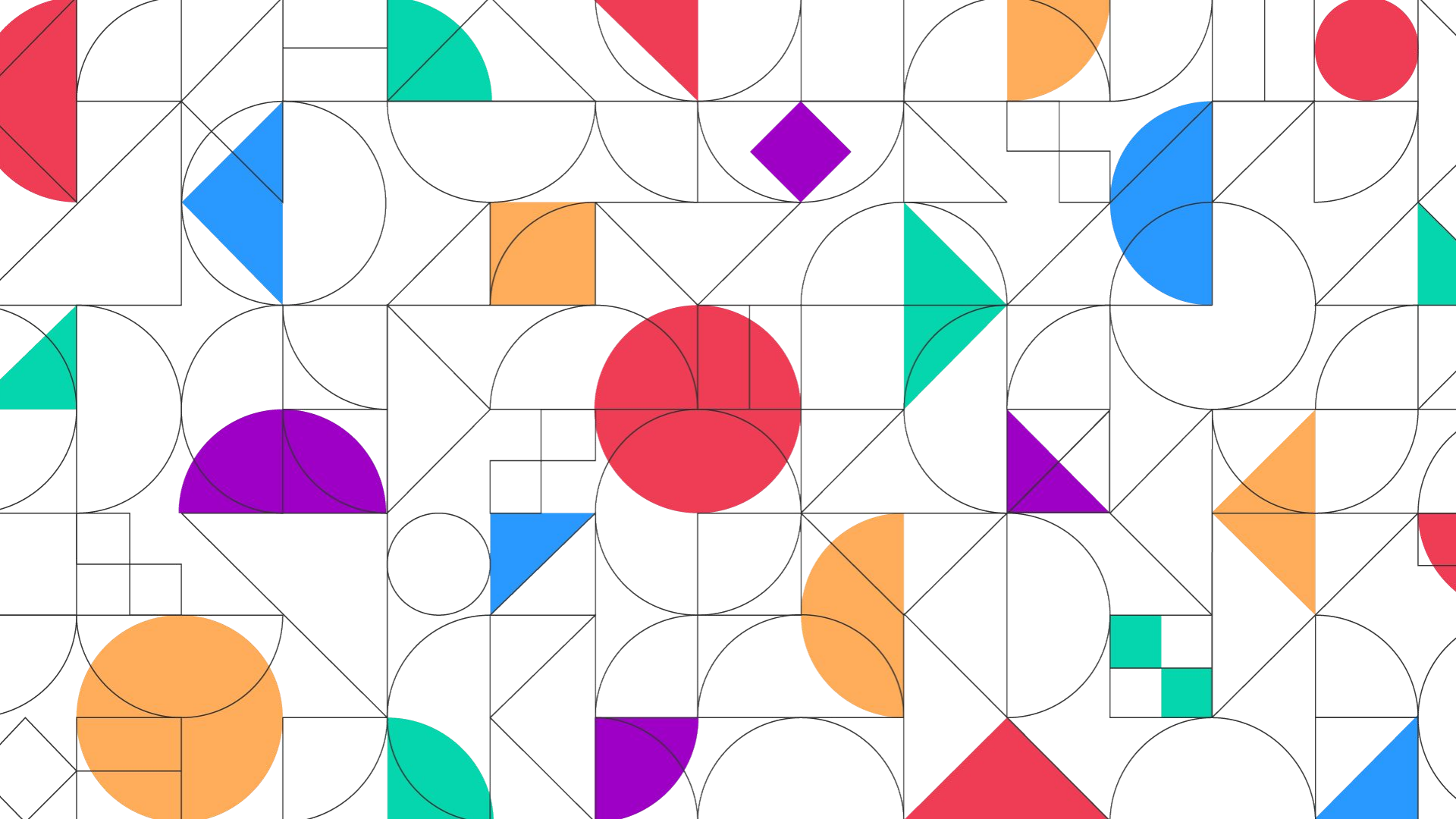


Reminder

**“The creative process is a process of surrender, not control.”**

**Bruce Lee**

Hong Kong and American martial artist, martial arts instructor, actor, director, screenwriter, producer, and philosopher.





# A Few Housekeeping Items

- Submit your session feedback in the mobile app by selecting this session and then click on **feedback** at the bottom. **Rate the session and click post your feedback!**
- All session recordings will be available at the end of September on [iterable.com/activate](https://iterable.com/activate)
- Continue the conversation on social using **#Activate22**
- PSSST: some sessions will have QR codes to scan and earn points towards the raffle. **Keep your eyes peeled!**

