

Ways to keep creativity flowing when all else fails

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Voices Editor

Spring has arrived and the sun is trying its very best to oblige. Still, with the impending storms and the neverending uncertainty of weather, there's something else that Spring brings: all of those assignments. The same ones that you've put off not only this semester, but the entire Easter weekend. I can't blame you. What I have for you instead this week is a simple list of ways to keep your creativity flowing. Although your intended major might not seem like it has room for being creative, I'm positive that you'll find your mind will thank you for the break creativity gives it.

Back to the basics

I'm a creative writer, so the thought of forcing my voice to fit within the fine lines of society's order is rather distasteful. Sometimes, even writing creatively can take a toll on me. I've found that digging through old papers or files that I wrote a long time ago is refreshing. I especially like to choose papers that I remember struggling on. Being able to see where I've been just reminds me how far I've come.

Food can be creative, too

Do you ever wonder why food designed especially for kids is so fantastically colored? Well, technically it is because their eye-sight differs from ours and the more colorful something is, the more likely they are to enjoy it. Still, kids love colorful foods because if it looks good then it tastes good, right? Try and make something visually appealing as you rush to make food between studying and homework. Or, to kick it up a notch, make a snack with all the tastes: salty, sweet, sour, spicy, umami and bitter.

Do not be fooled: you are art

There's something amazing about the human body. Its willingness to regenerate and withstand all that we put it through in a day is a miracle at the very least. Though we often don't think of it as art, it's been historically loved for its shapes and curves. Today, we have taken a closer look at what we put on our bodies. From makeup to clothes, there's something about choosing to display our bodies in a particular way that says a lot about who we are creatively. Take an extra few minutes and consider yourself art. Treat yourself as a canvas and let your creativity flow.

Colorfully captivated

Remember your childhood art class? Do you think of paint carelessly splashed across a page or colored pencils that are mostly broken? Take a minute and sketch something that you might have done in elementary. Take just a few seconds to doodle across your notes. Don't worry about wasting time—your brain can only handle studying for so long. It's better to control when you're not studying than to let it get the better of you.

Rearrange and engage with your surroundings

Though the actual practice of Feng Shui is rather different from our modern ideal, it still holds true. There is harmony and even art in rearranging our surroundings to better engage ourselves in life. It's not too late to find the perfect arrangement for your room that might suit your lifestyle needs this month. Try purchasing something small like flowers that will brighten your environment and make you feel creative.

Why not give it a go?

(Fill in creative idea here)

I must admit that I'm out of advice because there are so many ways to be creative that I'm not accustomed to. Some people are artists for the instruments they play or the notes that they sing. Some people are creative in how they imagine. I hope that in whatever way you find yourself creative, you'll start there when all else seems to fail.

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Stephanie Arndt at

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