



creative rest

week 1

creativity is the
language we use to
communicate the
urgency of our dreams
for a better future.

— audre lorde

Rate Yourself

On a scale of 0-10, how present
are you right now?

0-1-2-3-4-5-6-7-8-9-10

0 = completely checked out, not present

3 = mostly not present, many thoughts
about the past or the future

5 = neutral, half here, half distracted

7 = mostly present, some thoughts about
the past, future or distracted by thoughts

10 = completely present





What do you hope to get out of
this workshop?

Raise your Zoom hand or put your
answer in the chat.

Modern Creative Woman

- We are a fun, supportive learning community.
- We commit to creativity and creative thinking.
- We focus on our values, purpose, and aligned actions.
- We practice knowing ourselves more so we can make our relationships and the world a better place.

The Modern Creative Woman



Housekeeping

This book and classes are for education and inspiration.
This is not therapy and participating does not constitute a
therapeutic relationship.

Be kind, positive and respectful. Share solution-focused ideas about
what works for you. Everyone is welcome here.

Classes are recorded and will be on the membership page. Your
Zoom image does not appear there...if you participate in class, your
voice/image will appear on the video.

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T h e M o d e r n C r e a t i v e W o m a n



Modern Creative Woman Timeline

PRESENCE
PRESENT
MOMENT
AWARENESS

MINDSET
RELATIONSHIP
TO YOUR
THOUGHTS

PURPOSE
YOUR
UNIQUE
VALUES

WEEK
01

WEEK
02

WEEK
03

Creative Rest





Creative Rest

Restorative activities that nourish and revive your creative energy.

- Breaks from your daily routines.
- Activities that inspire, rejuvenate, and awaken your imagination.
- Letting your thoughts roam freely.
- Access your innate creativity without trying to meet productivity standards or perform at your peak.

The Break

Creative rest is about taking an intentional break from your usual:

- **Synthesizing** (making conclusions & decisions).
- **Producing** (making things like an email or art).
- **Solving** (planning grocery list or a vacation).

(Christine Garvey, 2021)



Idleness

“Idleness is not just a vacation, an indulgence or a vice. It is as indispensable to the brain as vitamin D is to the body. Deprived of it we suffer a mental affliction as disfiguring as rickets.

The space and quiet that idleness provides is a necessary condition for standing back from life and seeing it whole, for making unexpected connections and waiting for the wild summer lightning strikes of inspiration — it is, paradoxically, necessary to getting any work done.”

(Tim Kreider)



Wasting Time

“I waste a lot of time. That’s
part of [the creative
process]...

The problem is you can’t
really use this wasted time.
You have to have it wasted.”
(John Ashbery, poet)



Your Judgements

Do you have judgements about taking a break, being idle, resting, relaxing, doing nothing, or playing before your work is done?



Evidenced-based Strategies for Creative Rest



Rest

I. Walking

II. Meditation

III. Side Projects

IV. Sleep

V. Sabbatical



I. Walking



I. Walking

- Walking boosts creative ideas while walking & shortly after.
- 81% of participants had increases in divergent thinking (creative thoughts).
- Works indoor and out, with better results when outside.
- "Walking opens up the free flow of ideas, and it is a simple and robust solution to the goals of increasing creativity and increasing physical activity."

(Oppezzo and Schwartz, 2014, Journal of Experimental Psychology: Learning, Memory and Cognition)



1 minute
walk/pacing

(**not** to get water,
make tea, send a
text etc.)



II. Meditation



Meditation

- Tension, stress, and thoughts in general inhibit creativity.
- "Our best work is done with a sense of disciplined effortlessness: a near nonchalance." (Musicbed, 2023),
- Meditation really is the easiest thing to do.



“Qualities such as focus, calmness, clarity, and insight are as important to your creative process as glamour and stimulation.”

(McGuinness, 2023)



3 minute meditation

Gyan Mudra

improves concentration & sharpens
memory

(embrace the observation
of thoughts moving
through your mind)





III. Side Projects



Side Projects

- Activities that don't have to provide you with a living.
 - No deadlines / time pressure.
 - You don't revert to your usual formula. You try new things, experiment, take risks.
 - "A Labour of Love." You provide the labour and the love.
 - When you spend time on it, it is because you really want to.
- (Hiut Denim)



Side Projects

- Draw, paint, etc.
- Knit, crochet, quilt, stitch.
- Read for pleasure.
- Garden.
- Decorate your house.
- Collecting.
- Work on car, bike.
- Play an instrument, sing, dance.
- Take a class.
- Learn a language.





What is your favorite
side project/passion project?

Raise your Zoom hand or put your answer in the chat.

IV. Sleep





Sleep

- Get as much as possible.
- Sleep deprivation often leads to mental blocks, inability to solve problems, and "general stupidity."
- Studies call the hindered functioning of our sleep-deprived brain "severe."
- Most people's brains simply cannot perform their best creative work without the proper amount of sleep.
- Sleep leads directly to creativity via dreaming.



Dreams

- Synthesize ideas, make connections between disparate ideas (walking with a bear in your high school...).
- Dreaming connects ideas.
- Your mind practicing creativity.
- We all dream, even if you don't recall them. Only remember your dreams if you wake up during REM sleep.
- Can monitor your sleep with a fitness watch, get a sleep evaluation, participate in a sleep study.



Sleep Hygiene

- Consistent bed time and wake time.
- Consistent bedtime routine.
- No caffeine in the afternoon.
- Cool temperature in your bedroom.
- No TV in your bedroom, do not fall asleep to the TV.
- Sleep in your bed, not on the couch.
- Dim lights and put away electronics 1 hour before bed.



Adding Creativity to Sleep

Create an enjoyable bedtime routine!

- Gorgeous pajamas (not old clothes).
- Beautiful notepad by bed: write about things keeping you awake and record your dreams.
- Scented candles, lavender room spray, atomizer.
- Mood lighting.
- Gentle alarm clock.
- Mantras before bed and upon waking.



What is your favorite before-bed
ritual?

Raise your Zoom hand or put your answer in the chat.



Betime Mantras

- What is done is done. What is undone is undone.
- I am grateful for today. Thank you for the day.
- Tonight I will sleep well.
- While I sleep, my mind will work on creating a solution for...
- My goal for the month is to get creative rest and while I sleep, my mind will get rest and make new connections.



Morning Routine

Create an enjoyable morning routine!

- Stretch each limb before getting out of bed.
- "Thank you" as your feet touch the floor.
- Record your dreams.
- Read morning mantras.
- Smile in the mirror 5 times. (Duchane push-up)
- High-five in the mirror.



The First Hour of Your Day

- 20 minutes meditate
- 20 minutes learn.
- 20 minutes exercise.

(no phone)



Morning Mantras

- Today is the happiest day of my life.
- I am grateful for today.
- Today I will focus on my creativity.
- Today I will be at ease.

V. Sabbatical





Sabbatical

- "Sabbatical" originates from the biblical concept of the Sabbath.
- A day of rest and renewal observed in various religious traditions.
- In modern usage, a sabbatical is an extended period of rest and renewal, often taken after a period of service or work.



Creative Sabbatical

- A deliberate & intentional pause from the usual routine to allow for deep self-expression, personal growth, and the pursuit of artistic endeavors.
- Focus on nurturing creativity, exploring new pursuits, and rejuvenating your creative spirit.



Sabbatical

1. **Step away...**for an hour or a long break. (This is unlike a vacation.)
2. **Be active.** Be creative in different ways. (It's not a break from creativity all together.)
3. **Have a plan.** Schedule what you will do.



How to Sabbatical

1. Schedule one day a month.
Schedule the days for the whole year.
2. Don't avoid scheduling because "something might come up."



Yah but...

1. My schedule is too busy to take a day off just to rest and be creative.
2. People depend on me. I can't take a break like that.
3. I don't really do enough to justify a break.
4. I can't afford a break.



Yes AND...

1. If you are very busy, you **NEED** a break to keep going and being effective.
2. You can feel refreshed and be a better caretaker, worker and partner when you get a break.
3. Living in a house, being in relationship, etc. requires a break.
4. You don't have to travel to take a break.



Before the Sabbath

Book one hour of planning a week in advance

1. Schedule your time, hour by hour. Don't just "see what happens" or "whatever you feel doing that day."
2. Pick your location (cafe, library, park, neighborhood, hotel lobby, etc.).
3. Set out your clothes for the occasion.
4. Plan your meals, grocery shop or decide on your restaurant.
5. Pack your bag with supplies (book, journal, art supplies, etc.).
6. Fill your gas tank or load your public transport card.
7. Set your intention for the day.



The Sabbath

Ideas for the Day

1. Meditate.
2. Read, draw/paint.
3. Walk, hike, swim, window shop, etc.
4. Journal about a solution, do brain storms.
5. Read an inspiring book or poem.
6. Start each hour by writing a haiku.
7. Daydream, people watch.
8. Let time pass, "waste" time, wander around.
9. Just be without expectation.

Mantras



I am a woman who...

- is worthy of creative rest.
- benefits from creative rest.





Finish the sentence in the chat:

"I am a woman who..."

I will share these with the group.

Your Reflections for the Week





Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

Intentions

2

**The Mood
for Creative
Rest**

3

**Sensual,
Rest, &
Breath**

4

**Written
Reflection**



Intentions

- What are your intentions for this workshop?
- Be specific about what questions you would like for yourself about rest.



In the Mood for Creative Rest

- There are four days this week of creative rest thoughts and practices.
- Plan at least 20 minutes for each of the four exercises which include reflection, writing and creating.
- Avoid just reading the exercises and "thinking" the answers. (That is like the difference between thinking about meeting a friend and actually meeting them.)
- The magic happens when you create and write.




Activities

- Putting your mind in the mood for rest and letting go of judgements.
- Creating a symphony for your senses to enjoy: music, smells, art.
- Using color to intensify your rest: discovering your restful hues and incorporating them into your day.
- Breath work: using art and breath in conjunction to draw your mind to focus and relax.



Written Response

- Reflect on a moment this week where you had creative rest. Savor the moment and notice as much detail as you can.
- What were you doing and how did you feel?
- Notice what parts you enjoyed and what parts challenged you.
- Avoid judging yourself for what you did or did not do this week.



Breath it all in.
Love it all out.



On a scale of 0 -10, how present are you
right now?

What are your "before" and "after" scores?

Put both numbers in the chat.

What To Do Next



Review

Review your orientation manual & workbook.



Make the commitment

Schedule 20 minutes a day & put in your planner.



Exercises

Read and complete the exercises for the week.



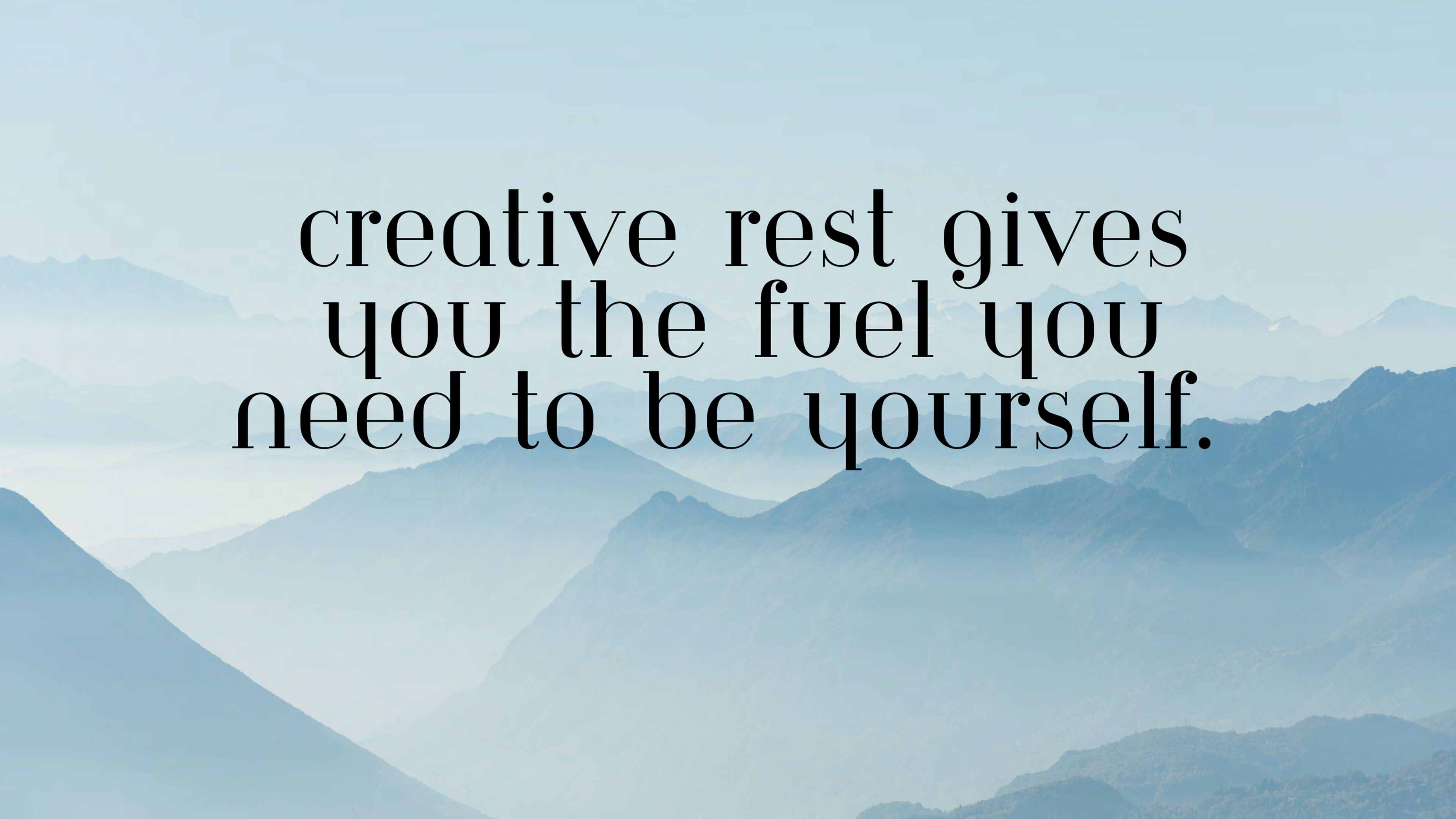
Ready for More?

To continue the conversation about your values and each month's topic, let's chat each Friday at noon PST on IG live @dramybackos

Book your Autumn VIP date.

Find The Modern Creative Woman wherever you listen to podcasts.

www.arttherapycentersf.com



creative rest gives
you the fuel you
need to be yourself.



Knowing more

- **Walking for Creativity**

<https://www.apa.org/pubs/journals/releases/xlm-a0036577.pdf>

- **Mudras**

<https://chopra.com/articles/10-powerful-mudras-and-how-to-use-them>

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What will you remember about
today's class?

Put your answer in the chat
or raise your Zoom hand.



Thank
you!