

Creativity during COVID-19

Quarantining and spending more time at home have brought out many people's creative sides. Thanks to those who filled out our July survey, we learned about ways you've discovered — or re-discovered — your creativity. Here are just some of the great responses we received:

- Painting, crossword puzzles, and gardening
- I started painting again. I needed a way to step away from the screen, whether it was my phone or computer. I needed a break. Painting is a great way for me to be creative and expressive of my emotions.
- Finding myself anxious during COVID-19, I found myself cleaning my house more than ever before. One day after cleaning one closet at a time, I came across a puzzle that my 13 year-old granddaughter had left at my house. I looked at the beautiful photo on the cover of the box and found just looking at the peaceful scenery had made me feel calm. So I figured, let me give this puzzle thing a try, reassuring myself that I certainly have the time! Once I began putting the pieces together, I found my anxiety totally diminished! I completed the puzzle and since it was such a beautiful picture, I framed it. I found working on puzzles relaxes me, also having something to show for it at the end. I'm now on my 2nd puzzle!
- Reading my TBR list until it was exhausted, now I am creating lists for my friends who read. Not bestsellers but interesting, funny, or just armchair travel. It keeps me busy...
- I started writing memories of my life to pass on to my children one day! I also adopted the mindset at the outset of this virus to focus on working hard to remain extremely positive for my family's good and to be more available to my wife and children's overall needs so that we could successfully get through this. I created a "Coronavirus wall" in our house with inspiring images and messages.
- Through our worksite workout videos, audiobooks, and online videos for improvement or entertainment.
- I have been creating wreaths for the specific holidays.
- Trying new recipes
- I paint



- I finished writing a play from a book I really enjoyed and kept “seeing” it in my mind as a play on stage. I worked on this on and off for over 3 years and enjoyed the process -- and I’m finishing the “first draft”. I purchased a new sewing machine at the beginning of the year that has a lot more power and capability. I’m not a quilter, but I’ve been enjoying experimenting with the machine and putting a couple quilts together.
- For the past five and a half months, I have been working on a speculative evolution worldbuilding project. In essence, I apply the rules inherent to biology, physics, and evolution and imagine how they might work in hypothetical (and often highly improbable) scenarios. It has brought me great joy; being able to research scientific principles and concepts I previously had no clue about in order to further my pursuits is a wonderful experience. Not only do I get to write in more detail about why the hypothetical life in this project is the way it is, I also get to learn more about the

real world as well! Attempting to forge something rational from the unknowns of our universe is a highly rewarding experience, and from the looks of it, I will continue to do so into the foreseeable future.

- Playing games with kids and making up new fun rules. The way I plant my garden I envision shapes, sections and use my creativity so its pleasing to the eye. I also try and incorporate color when I’m brainstorming or writing out my to-do lists. :)
- Walking or crafts. Reading. I enjoy printing pics and framing them.
- Cooking — tweaking recipes for different flavors. Adding color to our landscape. Organizing pictures to tell a story.
- I’ve been working on my garden and also writing letters and sending out postcards to friends and family to uplift their spirits as well!



Thank you for sharing! We look forward to hearing from you in our next survey!