



# Creativity during Covid-19

You may not realize it, but you've probably been extra creative lately. How? By finding ways to make your life work during Covid-19. If you have kids, you get extra points.

## Challenges you may face

- Finding ways to work at home with all the distractions
- Making do with less if you've had reduced hours or a layoff
- Getting food and supplies without lots of trips to supermarkets and stores
- Staying socially distanced while:
  - Taking care of older adults in your family and community
  - Staying connected to your friends
- Being a teacher when your kids need help with homeschooling
- Being a playmate when your kids are bored
- Creating family night activities to keep everyone busy and happy
- Keeping up your own spirits during this difficult period

## And there's more...

If you stop and think about your daily routine, you'll realize you've been using a lot of creative thinking to make life happy and workable these past months.

Remember, creativity isn't only about being an artist or musician. It's about innovation and meeting challenges. So give yourself credit for your creativity!

## The EAP is administered by Resources For Living, LLC.

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