



# Meditating on Creativity for Hope and Healing

Your creativity can be your guide for finding hope, strength, and healing. Historically, creative artistry has shown us that we don't have to accept the world as it is. We can each use our creative gifts to express our feelings about the present reality and to imagine a healthier, more just world.

As you color the image below, meditate on how your creativity can help you express yourself, find hope, and work through challenges. You can dream big or start small. Reflect on ways to support your mental health in support of your dreams. Use this quiet time to consider new goals, map a few paths toward them, and take action.

