

BE CREATIVE – IT HELPS

People often talk about creativity, but I wonder what creativity really is. Some writers, actors, directors, etc., are creative. But, I wonder what is with the creativity of lawyers, scientists, teachers, store and corner workers. Creativity is the state of mind; your job doesn't predetermine it. Formal positions don't define your creativity. Be brave, try new things, and look at things from another angle. I know a lot of creative teachers who teach children with many interesting and exciting experiments and examples. Simple electricity experiments with the balloon are creative. Does flame have a shadow? A flame has no shadow because it doesn't block the passage of light like solid objects like your hand or a match. Do you agree that this is a creative way to explain a physics lesson? I'm sure it is.

What do you think about Fig. 1?

Figure 1. London Oxford Street Headphones Store Window pictured by *spinheike*¹



A lot of creativity in one place. Creative store window because of creative store worker, creative picture because of creative person who takes a shot.

My English teacher told me, "Creativity characterizes humanity." I completely agree with her. The question is: why do we lose it? Maybe we are too busy, too tired from everyday life. But, we should find time to be creative daily. While preparing lunch, add unusual spices, listen to some new music, don't take the usual route to work. Try lemon fruit ice cream combined with a scoop of kiwi ice cream. Why not? Enjoy what you do.

How does creativity help? Simple, after the creative process person is happier, relaxed, and emotionally filled. You can free yourself of "bad emotions" if you write a song or paint something. It doesn't have to be professional, it should be only you. Honest and authentic, with your genuine emotion. So be creative and happier.

A few centuries ago, René Descartes formulated the first principle of his philosophy – "I think, therefore I am" (in Latin "Cogito, ergo sum"). In these challenging times, it appears that humankind is overthinking, yet our existence has never been more endangered. Maybe the solution could be to modify Descartes' principle to "I am creative, therefore I am".

Sanja Armaković

¹Figure downloaded from *spinheike*, available at Pixabay. Please consider supporting this author by visiting the following link <https://pixabay.com/users/spinheike-30915/>