

# HeadFIT

## Being Creative

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You may think that this doesn't apply to you, that you're not a creative person, but creativity comes in all shapes and sizes.

When you use the creative part of your brain, when you're making something, you're absorbed and that's great at turning down the volume when it comes to overthinking, especially anxious thoughts. The act of being creative gives you a break from any negative thought patterns. It also offers you the opportunity to feel satisfied and accomplished in a way that everyday life might not.

Creativity can be many different things. It could be finding a new walking route. It might be playing an instrument or drawing or learning a new recipe. It could be making you playlist on your phone or writing or depending on where you are, maybe some gardening. It really doesn't matter what it is. When you find something you enjoy, it will lead to more positive states of mind. And it's that state of mind that gets you to peak performance quicker.