

10 Easy Ways to Boost Your Creativity

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We all want to be more creative. Some of us make our living through our creativity. Yet, dry periods occur when we need help with original ideas or innovative ways to solve everyday problems or work assignments. Here's a look at some easy ways to boost your creativity.

Boost Your Creativity with These Helpful Tips

You don't need an expensive gym membership or plunk down \$10,000 for an exotic vacation to realize creativity improvement. It is possible to get more creative by taking advantage of simple, easy-to-do, and readily available activities.

1. Take a Quick Catnap

A [research team](#) from Harvard and MIT studied the link between creativity and dreams, specifically the N1 sleep stage. This is the sleep state where the individual is transitioning from being awake into sleep. The period is also called hypnagogia. This was the first controlled study to provide experimental evidence suggesting that incubated dream content contributes positively to post-dreaming creativity.

Key takeaway: When you receive prompting during the beginning of sleep, your dream experience can later be used in creative tasks.

2. Take the Stairs to Boost Your Creativity

Stair-climbing may not rise to the top of your list to enhance creativity but think about it. It is well known that aerobic exercise may spur creative thoughts, so researchers wanted to look at whether the act of climbing stairs did the same thing. [Matsumoto et al. \(2022\)](#) studied the effect of brief stair-climbing on creative thinking and concluded that walking three flights of stairs round-trip boosted divergent thinking among healthy adults. Study participants generated about 61 percent more original "uses" after climbing the stairs than following elevator use.

Key takeaway: If you want a quick and straightforward way to help boost your creativity, take the stairs. It is efficient, helpful, and may take less time than the elevator.

3. Get Out There and Dance

Research published in *Psychology of Aesthetics, Creativity, and the Arts* (2022) studied the [interaction of partners in tango dancing and the resulting co-creation of ideas](#). They found that creative moments arise from the tango leader's or follower's aspirations, even though the dancers execute moves together.

Creativity also results from the dancers' give-and-take, how they give each other nudges and clues and respond to their partner's movement. This way, the tango dancers surprise, inspire, or enable each other. They also adjust activities in response to their partner. The interaction blends into joint creative improvisation.

Key takeaway: Dancing is fun and helps spur creative thinking. What a fantastic way to boost your creativity.

4. Enjoy Aerobic Exercise

Aga et al. (2021) investigated how [vigorous aerobic exercise affected creative thinking](#) and whether the effect was post-exercise mood dependent. The study involved 40 healthy adults participating in a 15-minute aerobic exercise activity. Afterward, participants underwent testing to measure divergent thinking and then a problem-solving test on insight to measure convergent thinking.

Results showed increased fluency and flexibility, proving enhanced divergent thinking that was not mood-dependent. For convergent thinking, subjects reporting high vigor solved more insight problems, while those with low vigor after the exercise were less able to solve unsolved problems.

Key takeaway: Engage in vigorous aerobic exercise to jumpstart problem-solving and arrive at creative solutions.

5. Sleep Well

Several studies have suggested that dream recall is associated with creativity, with a higher frequency linked with greater creativity, personality, and cognitive abilities. Here, [Vallat et al. \(2022\)](#) showed for the first time that "high dream recallers have a specific cognitive and brain functioning profile... which might, in turn, promote creativity and dreaming abilities."

Key takeaway: We all must sleep. Try to cultivate the ability to recall our dreams. It may be an effortless way to boost your creativity. Plus, it gives you something to talk about with your friends.

6. Meditate to Boost Your Creativity

A meta-analysis by [Haase et al. \(2023\)](#) of methods to enhance creativity found that creativity can be improved. Meditation, complex training, and cultural exposure were the most effective in boosting creativity.

Key takeaway: Find some meditation classes on Zoom or enroll in meditation taught locally. Learning to meditate can unleash floodgates and boost your creativity.

7. Challenge Your Mind

Who doesn't love a good mind puzzle to get out of everyday tasks and problems? Especially if the day-to-day agenda has become dull, tedious, or stale. Whether it's a crossword puzzle, Sudoku, or quick quizzes available on YouTube or other Internet sources, getting involved in activities that challenge your mind does more than relieve boredom. They can also open up new avenues of creativity that can change your life.

Key takeaway: Mind puzzles can be done as a family, with friends, or solo. They're free, fun, and a terrific way to get your creative juices flowing.

8. Strike a Yoga Pose

Bollimbala et al. (2020) studied the relationship between creativity and physical activity, specifically in Hatha yoga. They found a [significant improvement in participants' creative thinking with Hatha yoga](#).

Key takeaway: Yoga is one of the most popular complementary health practices for overall health and well-being. The findings that yoga can help spur creativity make it even more attractive.

9. Cultivate a Sense of Humor to Boost Your Creativity

I love good comedies. That's why we watch reruns of our favorite sitcoms during the week. It's therapeutic to laugh. And the harder we laugh, the better it feels. Things tend to fall into perspective after a laugh session. This is the same reason people share well-conceived jokes.

There's research that backs this up. A [2022 study](#) investigated the impact of laughter on university students' creativity, well-being, affect, and academic efficiency. They found that one minute of laughter prescription, three times daily for a week, stimulated the imagination and increased well-being. Affect and educational efficacy also improved.

Key takeaway: Check out some half-hour sit-coms on TV for an excellent daily laugh. It will help you be more creative – and sleep better, to boot.

10. Walk in Nature

Many researchers have looked at the restorative benefits of natural environments. Studies on creativity and the natural environment have increased recently. In a 2021 study, researchers interviewed 20 British citizens about [how relevant natural environments were for their creative activities](#), personally and professionally. The analysis (thematic) of transcripts showed that affective, aesthetic, and cognitive appraisals were "directly relevant to creativity in nature."

Key takeaway: No matter the season, getting out in nature is a delightful way to clear cobwebs in the brain, set aside problems, exercise well, and boost creativity.