Wellness Wednesday: Embrace Creativity and Face the Imposter

By: Kevin Casin

The universe buries strange jewels deep within us all, and then stands back to see if we can find them. – Elizabeth Gilbert

We are ambitious and determined students working in a high-stressed environment to make our dreams a reality. We should be proud of our work and able to hold our heads high as we strive to meet our goals. This doesn’t always happen. Fear of discovery and internal criticism spawned by the “imposter”, then confirmed by external critics, can often keep us from our goals. Self-criticism, surprisingly, is a natural instinct that can be harnessed for success (see article here); we just have to learn that blaming ourselves can be extremely tiring and boring. We should try to do something fun. We do this by engaging in acts of pure selfishness, seeking to discover or invent something brand new simply for the sake of self-gratification. This is my definition of creativity. Some may see creating as an artistic endeavor and it absolutely is! Art and creation don’t necessarily mean painting a picture or composing music, but rather using your imagination to create something new. Consider trying these suggestions:

**Design a new study method.** We can always use a new way of studying. Try a different strategy. For example if you always listen to music, try a new artist and see what happens.

**Propose a novel hypothesis and a think of a way to test it.** This is always a good thing to do for new scientists. There is no need to really test the hypothesis, but come up with an experiment.

**Take some time to visit Brainpickings.** Their posts often pose various ways of thinking about creativity.

**Upcoming Student Life Event**

Mon, Dec 3: The Troubles of Burnout: What it is and What to do About it

Burnout is a common experience among graduate students. Come learn more about the signs and healthy ways to respond.

12:15-1:30 pm, E9519
Lunch included. **RSVP today!**

Presenter: Kevin Casin, Student Life Program Assistant

With Warm Wishes for Wellness & Success,

Jessica & Shekeitha & Kevin

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