

Name _____

The Link Between Imagination and Mental Well-Being

Short Answer

1. Explain the concept of the creative process and briefly describe one of its phases.
2. How can creativity serve as a healthy outlet for emotions?
3. Name one way in which individuals can nurture their creativity, and explain why it is important.
4. How did Leonardo da Vinci demonstrate the power of creativity in his life, beyond his famous paintings?
5. Share a personal experience or example of how engaging in a creative activity positively impacted your mental well-being.

