

Name \_\_\_\_\_

## The Link Between Imagination and Mental Well-Being

### Short Answer Key

1. The creative process is a series of stages that creators go through when producing something. One of its phases is "Exploration," where individuals explore different ideas, experiment with techniques, and make mistakes along the way.
2. Creativity can serve as a healthy outlet for emotions by allowing individuals to express their feelings through creative activities such as art, music, or writing. This expression can help them process and cope with their emotions.
3. One way individuals can nurture their creativity is by dedicating time to creative activities. This is important because it allows individuals to regularly engage in activities they enjoy, fostering a sense of fulfillment and personal growth.
4. Leonardo da Vinci demonstrated the power of creativity in his life not only through his famous paintings but also as a scientist, inventor, and writer. His multifaceted talents showcased how creativity can be applied to various fields, enriching his own life and leaving a lasting impact on the world.
5. Answers may vary but could include personal experiences of feeling relaxed and happy while painting, writing, or engaging in a creative hobby. Creativity can provide a sense of accomplishment and emotional release, positively impacting mental well-being.

