

A Shot of Resilience: Creativity

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Presented by:

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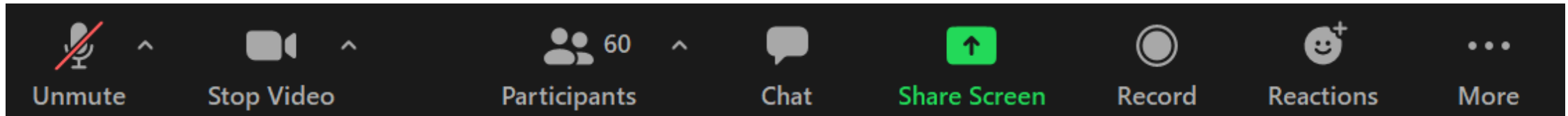


Coaching
for Resilience

THRIVING THROUGH LIFE TRANSITIONS

Zoom Tips

Access your menu options on the bottom of the screen (desktop) or by tapping the screen (tablet/smartphone).



- **Mute/Unmute:** Unmute your line when it's your turn to talk. Mute again when you're done talking.
 - **Please mute yourself now if you're not already muted.**
- **Start/Stop video:** Start your video camera when it's your turn to talk.
 - **If you already started your video camera, please stop video now, until we get to the sharing portion of the call.**
- **Participants:** See who's on the call, raise your hand (if you're on an older version of Zoom), and more.
- **Reactions:** Raise your hand (if you're on the new version of Zoom).
- **Chat:** See and send chat to everyone or to an individual.

Welcome!

SMPs

- Senior Medicare Patrol



SHIPs

- State Health Insurance Assistance Program



MIPPAs

- Medicare Improvements for Patients and Providers Act



Today's Presenter



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Overview

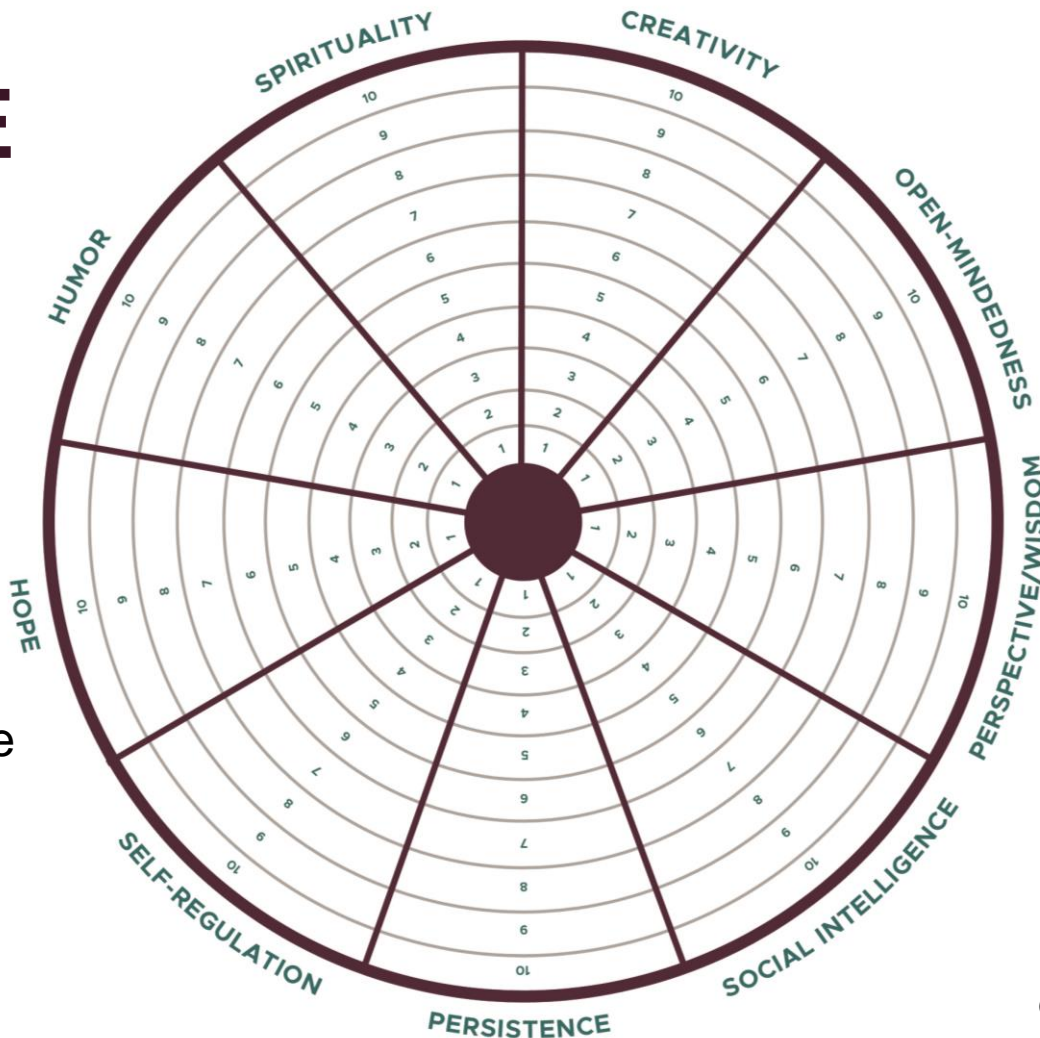
- Creativity Defined
 - Role models
- Benefits of Creativity
 - Physical, emotional
- Mindset
 - Law of Expansion - deeper dive
- Discussion
- Creativity Strategies
 - Pandemic strategies for connections, serving others, having fun

WHEEL OF RESILIENCE

For each section of the wheel, circle your current level of satisfaction.

10 = Utmost Satisfaction.
1 = No satisfaction at all

Draw a line to connect the “dots.”



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Creativity Defined

- Originality, ingenuity
- Thinking of novel & productive ways to conceptualize, do things
- Includes artistic achievement but is not limited to it
- Original thinking, problem solving
- Role models



Benefits of Creativity

- Lowers stress
- Heals
- Creates openness to new experiences
- Results in more joy in your life
- The process of creating is what really counts!

Mindset and Creativity

- The stories we tell ourselves based on our life experiences
- Negative bias
- Thinking center vs. emotional center of brain
- Breathe and change your story
- “Life grows where your focus goes”



Creativity Strategies

- Keep a creativity journal
- Attend cultural programs, participate in the arts
- Reminisce
- Participate in educational groups, psychological focus
- Brainstorm solutions with friends
- Shift your learning mode – visual, auditory, kinesthetic learners



Create Connections

- Virtual happy hours
- Weekly Zoom calls, What's App groups
- Write letters, cards; "Friend Friday"
- Attend virtual religious services
- Clean the house virtually with a friend
- Reminisce; family albums, movies



Serve Others

- Virtual babysitting, tutoring; [Volunteermatch.org](https://www.volunteermatch.org)
- Deliver food; call homebound
- Sew masks, knit; assist with vaccine appts.
- Piggyback errands for others; smile
- Blog, journal, write
- Support local business; meet for a virtual coffee
- Donate blood

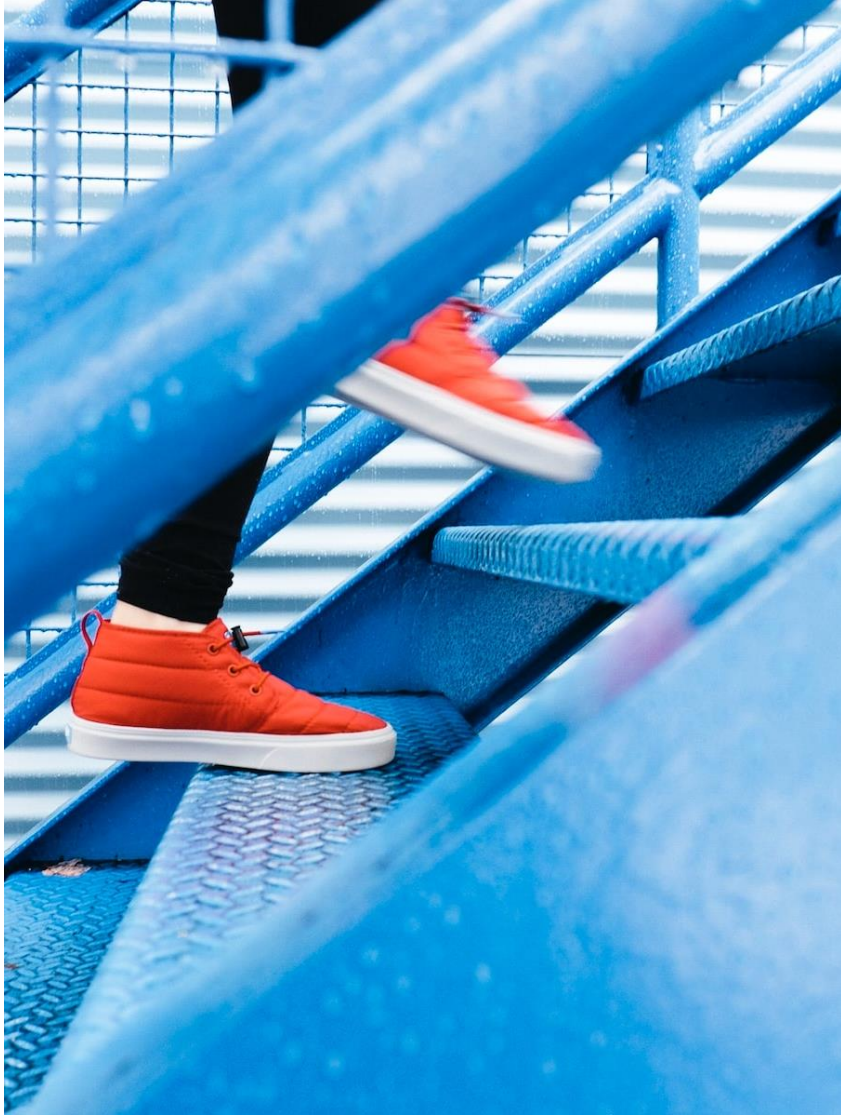


Have Fun

- Virtual comedy watch; happy hour, dessert
- Talk shows for top headlines with wit and humor
- Getty Artworks Quarantine Challenge
- Birthday parades; virtual parties, holidays; video tributes
- Online exercise, biking, yoga classes
- Send out daily jokes, videos, good morning message
- \$5 surprise “Gift of the Month” with friends

Wrap Up

- Think out of the box – focus on where you want to go
- Tap into the exhilarating feeling of creating a solution
- Connect with others – frequently!
- Take your focus off yourself, serve others
- Give yourself permission to have fun



Next Steps

Homework:

- Implement one of creative strategy
- Reconnect with someone
- Share results at our next webinar on Tuesday, 3/30!

Bonus

- Turn Winter Pandemic Blues into Rock Solid Resilience
- Complimentary Consultation

Post Survey

Contact Information

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Webinar Resources in the Libraries

SMPs

 [SMP Login](#)

- Step 1: Login at www.smpresource.org (click the blue SMP Login padlock).
- Step 2: Search for keyword “resilient.”

SHIPs

 [SHIP Login](#)

- Step 1: Login at www.shiptacenter.org (click the orange SHIP Login padlock).
- Step 2: Go to the Resource Library.
- Step 3: Search for keyword “resilient.”

MIPPA grantees: Resources will be emailed to the MIPPA listserv.

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“Creativity is intelligence
having fun.” *Albert Einstein*

“You can’t use up creativity.
The more you use the more
you have.” *Maya Angelou*

“Instead of thinking outside
the box, get rid of the box.”
Deepak Chopra



Artwork by Alissa Blumenthal