

# Awakening of creative stream as a medicine from professional burnout

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Game and creativity Let's start with the practice! Wherever you are, ask yourself the question: "How do I feel right now? Does all parts of the body with me?" Often, the focus on affairs and everyday routine is turned off from bodily experience. Disconnection from the body is the first step to the sensation of own non-life and professional burnout.

Take a deep breath. Exhale. Screw your head. Scatter your shoulders, go coming. Stretch and gather.

It is important for us to take care that our consciously feeling the body is alive. This is a job that does not require special efforts. As I breathe, I am breathing, then I eat, and the way I exercise my space is that it opens the opportunity to be alive for me. And then I create an appropriate space around myself, I create a light that reflects in the eyes of those with whom I communicate

The older we become, the more our creative stream lies in the scope of responsibility, more and more closing us. But there are two "vitamins" that help creative stream continue to actively exist and act. This is a game and creativity.

Take a sheet of paper. This is the tool on which we can leave your traces and thus open space for expressiveness.

Domant sheet paper with two hands. This action is an analogue of how you affect the environment and what falls into your hands, what you enter into account.

When we ferment a sheet of paper, you will inevitably feel its texture. Friend your feelings. We can hear how to rustle a sheet, feel the smell of paper, feel the touch of the sheet in your arms.

The sheet is a small analogue of the world in which we live. This is our individual trace. This is a personal actual reality that contributes to the distortion of the perception of the surrounding world.

What words come to you when you saming a sheet? What do you pay attention to when you are in this process: sounds, smell, bodily sensations? The feeling that goes into perception is called the space of imagination: rhythm, taste, smell, movement, sound, word, action, image.

We have our consciously feeling expressive living body, which is given to us so that we can feel alive. When we are at the limit of resources, you stop feeling the body's liveliness. Separation occurs: my actions, movements and reactions become mechanical. And then the environment where the imagination lives will strive for zero, narrow. And our expressive activities and creative

principle that help to feed imagination and vitality goes to the periphery. And there is neither forces or opportunities for creative manifestations. The resource remains only to keep them alive. This happens at the moment when there is something that invades our space, and we feel unprotected. This is the first stage of professional burnout.

When we do not move, do not play with various tactile sensations, do not expand the lineup of tastes, we do not play odors and sounds, do not poison themselves with images, we seem to close some shutters and get into the world of fantasy, turning off the vitality.

Live consciously feeling body and expressive art are interconnected by the modality of imagination. What is imagination? This is what builds bridges between literal and figurative reality. It is associated with our moments of operation. When we are in the maternal womb, then the first, with which we are facing, rhythm. We can also feel the taste.

At birth, we begin to constantly move. And even our blood and lymphatic system, neurons in the brain - the whole body is in motion. We learn to distinguish and sounding and expressing our feelings and experiences through them. Then we begin to shoot a map of the world, to identify different forms, fill in their content. Then we are increasingly mastering the movement, learning to manage. And the peak of our cognitive functions is speech.

Those and smell, we get acquainted with cooking and perfumery. Rhythm and movement - space of expressive motor activity and dance. Rhythm and sound - space of music. Rhythm and image - visual art, which helps to expand the whole perception palette. Therefore, it is so important to surround yourself with beautiful things and admire the picturesque landscapes. This is such an air for the eyes. Action and word - polymodal art. It includes the theater and poetry. The word is the only thing that opens access to signs and to build meanings, and also contributes to the development of mentalization.

Expressive activities and sensory systems are similar to the work of the orchestra: when some activity begins, as if, in the manual of an invisible conductor, various brain zones are involved in the interaction. When we open expressive space, we simultaneously open all the ways of interaction.

"Any expressive activity of Polyometal: We cannot move and do not sound, we cannot sound and do not move, we cannot smell, to see and not worry about the images. But when we are trapped with our own zincholes, the sensory systems begin to turn off and the endowner experience appears: the tone is reduced, irritation and the need to "turn off" appears, isolate from the world. "

In the educational environment it is very important to pay attention to the connection of all systems. When we talk about the environment, first of all we think about the place we occupy. And in our place we must feel safe. And this safe experience is equal to the work of all our systems in the right rhythm - such that is supported by the nervous system.

The range of the game is associated with the ability to build relationships with a new or unexpected. Teacher, opening the space of the new, invites everyone to meet this new. But for this

you need to deform all existing constructs. And this, of course, is always associated with anxiety, tension and fear of assessment, manifestation and failure. And in order to open the inclusion in cognitive activity, it is necessary to take care of safety and think about several things:

rhythm, which includes attention;

odors and tastes that create an atmosphere;

The presence and opportunities to bring movement as a natural communication form at once with several systems;

sound modulation when imagine some material;

visual context and images;

actions as an interactive interaction upon receipt of information;

relationships and words that open the space of meanings.

Our I am embodied in art:

Stress evaluation or stress complex task closes the ability to explore and do on. And if you run motor activity, we empirically produce information and disposable links between new and existing ones.

Game-Play VS Game Game

Educational environment, on the one hand, the place where the game reigns, curiosity, and on the other - there are rules there, this is the place where we learn to fraampling and direct your creative stream to achieve the result.

"The game is more childhood space. Creativity - the space of an adult. When training occurs, we have skills and skills, painting in the world. Our brain opens the opportunity for us to solve problems. The game is a kind of action that helps to form skills and contributes to the development of volitional regulation and the ability to follow the rules. "

Play - game for the sake of the game. If the framework in learning is very rigid, then the voltage will increase and the skill will not be formed. In the play, you need to learn how to postpone and return when interest appears.

The lesson is more game-game, and change is play-play. To maintain a creative stream in adulthood, we need to create changes in the work schedule. B Then we offer space for creative follows.

Game is a game for the sake of the sake of the result. It opens the door to the volitional regulation,

when there are rules into which we enter by studying the control and management of our emotional state to achieve the result. Game is an important part in the formation of an efficient skill. But the game-game is impossible without play-play.

Creative process and expressive arts

Creativity as a process is what follows interest. We open the possibilities and flow from one to another.

Creativity as a result - what concerns the discipline of expressiveness when it is important for us to achieve a completed result.

When you invite you to creative cognitive activity, pay attention to what we start with a certain impulse (what calls). Then the impulse is important to bring repeatability. Then the completed form begins to form, which leads to understanding, to the so-called "Aha effect" when a person has an understanding of how it works. Then the connections are started, a logical chain. And this process helps to restore creative activity. If you start with a challenging task, then there is no possibility of overclocking, getting a "aha effect" that feeds and supports imagination.

The game and creativity are found. And the game has several types:

Think about how much in your activity you provide a place for sensory and motor activity.

Game, creativity and modality of imagination

In educational activities, meeting a child and adult - as the connection of two halves of the heart - the connection of the game and creativity. And between these halves there are our modalities of imagination that help expand the range of the game and stimulate the relationship between different brain departments.

"The discovery of the heart - does not mean the soul of the car in the frost. It means to have an admonstitution with the world, which surrounds me in order to be in the dialogue and in cooperation, to study various techniques. This is an increase in attention, vision, borders, territory, expansion of the range of the game, creative activity. "