


Take a Break and Get Creative


*How the Studio Eight design team uses ~~daily creative exercises to keep our minds'~~
~~sharp~~*

In the middle of a busy workday, who doesn't need a short break to rewire her brain? Studies show taking short breaks can increase employees' creativity¹ and efficiency. That's why nearly every day at Studio Eight, we take ten minutes to do a creative exercise. ~~We love it so much, so, we're sharing~~ a few of our favorite creative exercises with our dear readers!

Put ored Pencils to Paper

Coloring books aren't just for kids. Studies show we use a different part of our brain when we use our hands rather than a keyboard . Coloring also stimulates and rewires our brain to be more efficient³. Better yet, coloring relieves stress, stimulates creativity, and improves focus⁴.

Blind Drawing

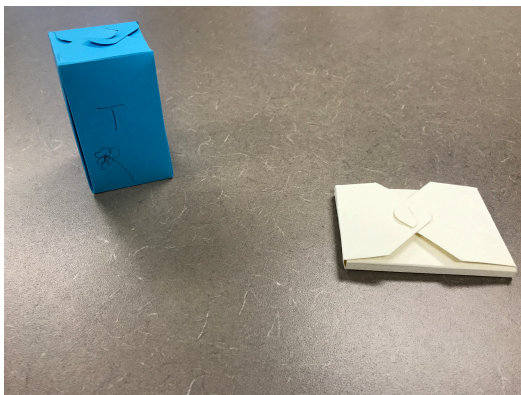
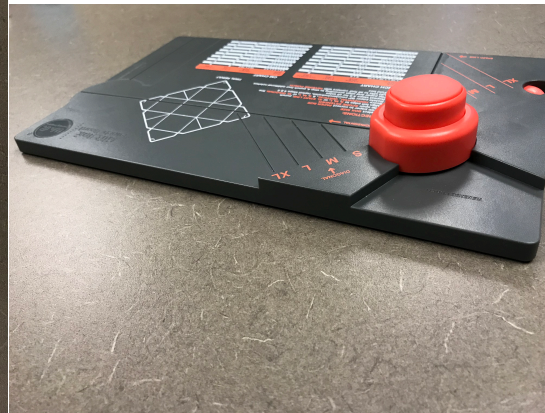
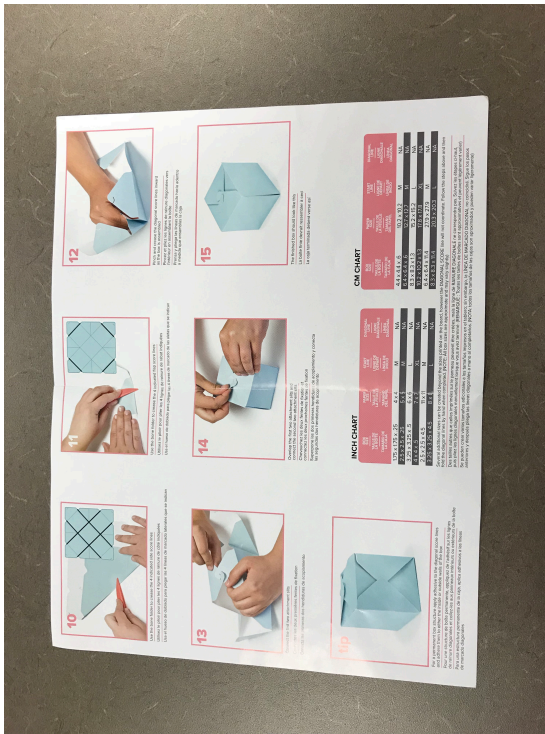
 One of our favorite creative exercises is blind drawing. Here's how it works: Each person writes a sentence. The paper is passed along and the next person draws what she thinks the picture depicts, based on the written description.

Each piece of paper is then passed around again. ~~Then the next person writes her own description of the new photo.~~ Repeat. Repeat. Repeat. In the end, every person presents her original sentence and the journey it took.

This eye-opening exercise highlights our personal interpretations and how difficult it can be to clearly communicate.

Tiny Boxes

One cool way to think outside of the box is to create your own! It's a quick brain break where we're physically building something rather than creating objects on screen.



Our team's daily creative breaks help us continue ~~breaking~~ boundaries and ~~thinking~~ (quite literally) outside of the box. ~~Afterward every exercise, we feel refreshed and energized. And we used these social activities for judgment free, inexpensive team building.~~

We refuse to remain stagnant; we're not the type to just follow the status quo. Most creative teams strive for this kind of drive and curiosity. If you want to learn how simple creative exercises can help your team stay on top, give us a call.

1.

<https://www.inc.com/thomas-oppong/for-a-more-creative-brain-take-breaks.html>

2.

<https://www.psychologytoday.com/us/blog/memory-medic/201303/why-writing-hand-could-make-you-smarter>

3.

<https://www.nytimes.com/2014/06/03/science/whats-lost-as-handwriting-fades.html>

4

<https://www.staples.com/content-hub/stimulate-creativity-with-coloring-books-in-the-office/>

5.

<https://coloring.club/reasons-coloring-is-great-for-the-workplace/>