



# KEEPING THE CREATIVE JUICES FLOWING AT HOME

A creative homebody's guide to staying inspired



## CREATE PLAYLISTS FOR EVERY TYPE OF MOOD

Having playlists for every type of mood can set the tone for your day or whatever you are doing. Instead of playing songs on shuffle, curate mood playlists that flow well.



## FIND TOPICS YOU'RE INTERESTED IN AND IMMERSE YOURSELF

Are you into film, psychology or art? Gather interesting articles, videos and content online about topics that interest you and learn about them.



## DO QUICK AND SIMPLE WORKOUTS

Exercise keeps you fit and gives you that much needed endorphin rush to make you more pumped to do things! It also helps you sleep better and improve your mood.



## KNOW WHEN TO CONNECT AND UNPLUG

Staying at home can lead to hours of endless procrastination, especially online. Set times that you should be focused on working/engaging in activities and set times for rest.



## DON'T STAY INSIDE FOR WAY TOO LONG

Being a homebody is awesome, but you can't keep yourself isolated forever. Once in a while, go outside to freshen up your perspective, get the creative juices flowing, and re-energize.