WEBVTT

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00:00:04.950 --> 00:00:15.150

jodi jenkins: Hello everyone, welcome to the i'm doing fine podcast. This is our February episode. My name is Jodi and i'm one of the peer educators, with the counseling Center.

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00:00:15.570 --> 00:00:25.470

jodi jenkins: And today carly and I are going to be talking about creative outlets and mental health, and how those two things are so interconnected and how they go so well together.

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00:00:26.100 --> 00:00:34.320

jodi jenkins: And why creative outlets are so important. so, Carly and I first kind of wanted to define what creative outlets are.

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00:00:34.860 --> 00:00:51.030

jodi jenkins: So for me, I think, creative outlets are a way to express myself and to release any negative emotions and feelings that i'm having throughout the day, and my creative outlets aren't necessarily things that i'm good at... they're just ways that I can...

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00:00:52.770 --> 00:00:53.790

jodi jenkins: they bring me joy.

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00:00:54.420 --> 00:00:55.740

jodi jenkins: And yeah.

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00:00:56.550 --> 00:01:02.010

Carly James: For sure, I am definitely relate to everything you just said, Jodi, for sure, I think it's funny for me, like,

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00:01:02.550 --> 00:01:12.120

Carly James: I definitely wouldn't consider myself a super creative person at all and I always, whenever I do get the chance to like be more creative or spice up my daily routine through

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00:01:12.930 --> 00:01:25.470

Carly James: creativity, in the moment i'm always like, wow, like this is so, like, stress relieving and just like energizing, that I always tell myself, like, I want to do this more often.

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00:01:26.640 --> 00:01:27.570

Carly James: So it always...

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00:01:27.780 --> 00:01:46.470

Carly James: makes me, when I do get the chance to be creative, leaves me to walk away feeling like very refueled and I love that it offers that like newness to your routine, especially in moments when you don't realize how much you need like the littlest bit of something new, or something different.

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00:01:47.670 --> 00:01:55.560

Carly James: I think like that's my most favorite thing about different creative outlets, is that, like, offer of newness and, like, even special

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00:01:57.180 --> 00:02:01.800

Carly James: tasks are just opportunities to express ourselves in different ways.

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00:02:03.660 --> 00:02:11.010

jodi jenkins: yeah, and I was doing some of my own, like, research in preparation for this podcast and as we were kind of building it and putting it together,

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00:02:11.700 --> 00:02:22.080

jodi jenkins: I was reading a lot about just creativity in general and creative outlets: things like drawing, writing, cooking, any... pretty pretty much anything you can think of.

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00:02:22.980 --> 00:02:30.330

jodi jenkins: They’re... what they do for your body is not only do they help you mentally, but physically they decrease your stress hormones, they

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00:02:30.870 --> 00:02:40.860

jodi jenkins: decrease your blood pressure, but, and they also increase your...your body's natural antidepressants. so we're doing something that's so good for you mentally and so good for you physically.

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00:02:42.210 --> 00:02:45.210

jodi jenkins: You’re giving yourself a break from, like, your everyday stress.

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00:02:45.270 --> 00:02:52.560

jodi jenkins: And so you're turning your focus towards something that's just completely different than what you've had all your energy and focus on throughout the day.

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00:02:52.740 --> 00:03:04.350

Carly James: yeah... I think too, like, it's definitely hard at first, especially when you don't consider yourself to be super creative or if expressing yourself through art or writing

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00:03:05.160 --> 00:03:11.940

Carly James: isn't something that you necessarily do, or associate with yourself, I think it can be hard to really, like, put that intention.

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00:03:13.470 --> 00:03:22.860

Carly James: Like trying something new out and trying to implement more creativity in your life. because I think like of course it's definitely easy to fall into a place where you're just critical of yourself and what you're

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00:03:22.860 --> 00:03:23.700

Carly James: Producing.

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00:03:24.120 --> 00:03:33.240

Carly James: But I think that, like, always when you get into trying things out, trying something new, like, of course, you want to remind yourself of being graceful and like,

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00:03:34.440 --> 00:03:39.270

Carly James: gentle when you're trying anything new, in general, but I think with creativity, like, once you get into it,

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00:03:39.780 --> 00:03:50.550

Carly James: you just don't, like, your awareness of that criticism and your awareness of that apprehension just kind of goes away with it, because it really does just help you to.

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00:03:51.480 --> 00:04:06.510

Carly James: focus in on something else, and like really pull your attention from daily stresses, or anything else that might be taking a lot of your...your energy at the time, and I think that once you let yourself explore that kind of new...

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00:04:08.340 --> 00:04:12.060

Carly James: I guess new, like, idea or new...

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00:04:14.340 --> 00:04:16.260

Carly James: even like self care routine, like, it's.

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00:04:16.260 --> 00:04:17.130

Carly James: something that

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00:04:17.400 --> 00:04:23.910

Carly James: you can carry over in so many different ways, like taking that criticism and being aware of your being critical of yourself and...

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00:04:24.240 --> 00:04:25.260

jodi jenkins: Yeah.

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00:04:25.410 --> 00:04:30.990

Carly James: combat that or remind yourself that you can do hard things, you can do new things, and that things work out.

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00:04:31.590 --> 00:04:32.850

Carly James: They’re supposed to, so.

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00:04:33.570 --> 00:04:36.750

jodi jenkins: yeah, definitely, for sure, you...you can start new things and

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00:04:37.140 --> 00:04:40.410

jodi jenkins: it was funny because, like, i've never considered myself

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00:04:40.470 --> 00:04:44.070

jodi jenkins: a very musical person, I mean, I was like

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00:04:45.150 --> 00:04:47.520

jodi jenkins: the kid learning how to play clarinet in elementary

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00:04:47.760 --> 00:04:51.900

jodi jenkins: school and my brother, who is the same age as me, was also learning how to play.

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00:04:52.200 --> 00:04:59.970

jodi jenkins: And our band teacher learned like halfway through the year that we were related and he was like, wait you're related to him, he's so good and that's..

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00:05:02.520 --> 00:05:04.590

jodi jenkins: So I’ve never been a very musical person.

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00:05:04.590 --> 00:05:11.040

jodi jenkins: I’ve never been a very artsy person either. I would never consider myself to be great at drawing, painting, any of those things but

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00:05:11.760 --> 00:05:24.000

jodi jenkins: it doesn't take away from my appreciation of those things like yeah, I am very much a music appreciator and an art appreciator and one of my roommates is an art major, and just an amazing artist.

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00:05:24.660 --> 00:05:35.670

jodi jenkins: And every so often I’ll sit down and i'll paint with her, or she'll teach me how to do something, and I know that it's not good, but I don't need… it doesn't need to be good.

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00:05:35.760 --> 00:05:36.930

Carly James: yeah exactly.

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00:05:37.560 --> 00:05:40.860

Carly James: And it's just like this space for your, like, your expectations.

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00:05:41.370 --> 00:05:50.610

Carly James: You know, you can let go of expectations, you can let go of any pressure and just, like, be in the moment with yourself and be in the moment without ever with whatever it is you're choosing to express at that time.

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00:05:50.910 --> 00:06:03.750

Carly James: And I think, like, how limitless and, like, boundless creativity and, like, creative outlets can be, and it’s just why it makes it so, like... like everything you mentioned. How it's so beneficial for your mental and physical well being because you're really just...

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00:06:04.830 --> 00:06:07.440

Carly James: in a way that you can't necessarily do otherwise.

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00:06:09.300 --> 00:06:20.430

Carly James: Even if you aren't someone who is, like, very obviously creative or someone like we've talked about who were just consider doing that anyway.

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00:06:22.830 --> 00:06:34.470

Carly James: And I think for me, especially, and I think it was, we all sort of noticed everyone picking up new, like, habits and new routines with the pandemic and everything, I think.

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00:06:34.470 --> 00:06:34.770

jodi jenkins: That’s very true.

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00:06:36.480 --> 00:06:41.640

Carly James: Things that was, like, pushed on us was like “try something new,” like express yourself in a new way.

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00:06:42.900 --> 00:06:46.890

Carly James: And I definitely...I mean when we have time on our hands, why not? So,

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00:06:48.210 --> 00:06:56.280

Carly James: For myself, like, I did, I'm not necessarily a creative person, but I did, I decided to take up embroidering and that's something that I absolutely love.

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00:06:57.150 --> 00:07:05.820

Carly James: it's a skill that I had to teach myself it's a skill that I had to learn, but it's something that i'm so glad I did and it offered that stress relief and it offered that break from everything that was going on

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00:07:05.820 --> 00:07:06.120

Carly James: around us

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00:07:07.230 --> 00:07:12.030

Carly James: It’s something that i'm so grateful that I did, and it's something that i'm going to keep doing for

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00:07:12.840 --> 00:07:29.550

Carly James: the foreseeable future, so I think that, like even then, when we're in these moments where there's so much unknown or there's just change to our normalness and our sense of daily routine that like creativity, again, is something that you can really just embrace and let yourself

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00:07:29.910 --> 00:07:35.970

Carly James: explore, like, that whole world of coping mechanisms and things like that to help us get through hard

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00:07:37.470 --> 00:07:38.280

Carly James: times, you know.

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00:07:38.820 --> 00:07:48.810

jodi jenkins: yeah, and I know you were saying before that not only is one of your favorite, like, ways of creative outlets that you have for yourself embroidery, but you also like to journal, correct?

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00:07:48.840 --> 00:07:57.990

Carly James: yeah, yeah, and I think it's cool to consider journaling as being creative. I think, like, when I was thinking about us doing this podcast and putting it together,

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00:07:58.380 --> 00:08:08.190

Carly James: journaling came to mind and I... I did stop and think about the fact that I don't think a lot of people consider journaling or writing to be a creative outlet. I think there's a lot of,

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00:08:09.240 --> 00:08:23.250

Carly James: just, beliefs around the fact that, like, if you're going to be creative, then you have to be producing something like that's art, like some kind of art, and I think that, like, we don't consider that writing can be an art and can be something that’s worth

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00:08:23.250 --> 00:08:43.050

Carly James: putting creative energy into, and I do. I love...I love journaling, it's something that I wish I did more regularly but also, I appreciate it being something that I don't do as often because I can every time I go to my journal, I can appreciate it in that moment, and like,

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00:08:44.250 --> 00:08:47.070

Carly James: really let things out in a way that I don't regularly.

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00:08:48.180 --> 00:08:54.810

Carly James: But yeah, there's so many options with journaling too, like how you journal, how you write, you can switch it up, there's a bullet journaling, there’s...

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00:08:55.710 --> 00:09:05.220

Carly James: there's just so many different ways that it...there's just a newness almost every time that is offered with it. um so yeah I do, I do love it for sure.

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00:09:05.970 --> 00:09:09.810

jodi jenkins: Writing is definitely one of my biggest creative outlets, in fact

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00:09:11.070 --> 00:09:24.150

jodi jenkins: it is like probably 90% of what I put my creativity and free time into because i'm not just writing, like, for classes, like your research paper or whatever, I those are always easier for me than doing other work, but...

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00:09:25.770 --> 00:09:34.320

jodi jenkins: um I kind of started writing a couple years ago just kind of writing my own fiction pieces like short stories, things like that.

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00:09:34.710 --> 00:09:43.020

jodi jenkins: And I never, like, share them with any people or anything or do too much with, but, um, I ended up taking a writing class last semester...totally,

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00:09:43.710 --> 00:09:51.150

jodi jenkins: like, fell in love with it all over again, and something that I love to do is kind of like write my own prose about really whatever,

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00:09:52.020 --> 00:10:02.610

jodi jenkins: and then turn it into poetry. i've really found this, like, newfound love for poetry, and i'll just spend hours, like, taking the same piece of writing, like paragraph or two paragraphs,

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00:10:03.150 --> 00:10:09.630

jodi jenkins: and then creating different line breaks at different places and making different poems out of the same words.

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00:10:11.280 --> 00:10:20.490

jodi jenkins: Like I know as someone who really pays attention to all those little details like the place where you break the line or the stylistic choices, you make to add a comma or to

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00:10:20.490 --> 00:10:26.250

jodi jenkins: not, like, they just they're so... that's so cool to me...that just makes me so excited.

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00:10:27.870 --> 00:10:30.930

jodi jenkins: That is where I spend a lot of time in my creative outlet.

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00:10:31.410 --> 00:10:39.660

Carly James: yeah and I love that that's something that you do. it's something that, for me, I appreciate poetry so much. I love reading about it, the amount of poetry books, I have sitting around my

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00:10:39.660 --> 00:10:52.830

Carly James: room right now, I couldn't even give you a number, because there's just so many! So really being able to...like... like you said, look at readings, look at words that other people have written and consider them in a new way or help them know to like motivate your own kind of writing,

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00:10:53.010 --> 00:10:59.010

Carly James: that’s something that's such a creative thing to do, and that's something that is really easy for anyone to pursue, you know.

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00:11:00.600 --> 00:11:15.840

Carly James: But I do, and everything you just said about it, it really is that newness. Like, no matter what you're doing, it can be something that you turn back to multiple times, and it might be a routine that you do, but, like, what you're working with and how you’re working with it is new every time.

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00:11:17.700 --> 00:11:23.010

Carly James: So yeah, I think that is something that can be overlooked when we consider being creative and stuff like that.

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00:11:24.300 --> 00:11:36.390

Carly James: I know for me too, like outside of embroidering and journaling, I love coloring and that's just something that’s so mindful to me, and I think that's pretty common for everyone.

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00:11:37.770 --> 00:11:42.840

Carly James: But just giving myself the space to color for a little while, even if it's not long. I think any...

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00:11:42.960 --> 00:11:44.850

Carly James: anything that you decide to do

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00:11:44.850 --> 00:11:49.500

Carly James: creatively doesn't have to be super long, it doesn't have to be something you finish...

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00:11:49.500 --> 00:11:50.190

jodi jenkins: yeah for sure.

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00:11:50.670 --> 00:11:50.850

Carly James: it

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00:11:50.880 --> 00:11:51.960

Carly James: can be something you come

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00:11:51.960 --> 00:11:58.290

Carly James: back to.It can be something you do for 15 minutes. Like, there's really no expectations tied to it there's no

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00:11:59.460 --> 00:12:07.260

Carly James: rules, like it's totally up to you, and it's something that you get to decide what you want to get out of it and how long you want to do that for.

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00:12:08.250 --> 00:12:10.470

Carly James: Which I think is something else that I love about, like,

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00:12:10.860 --> 00:12:13.770

Carly James: considering different ways to be creative and why it's beneficial.

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00:12:15.990 --> 00:12:20.130

Carly James: And I think too, like talking to the people in your life about how their creative and...

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00:12:20.130 --> 00:12:21.420

jodi jenkins: yeah yeah.

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00:12:22.470 --> 00:12:34.860

Carly James: how they express themselves when they need that... that break from their routine. I think both of us spent some time before we decided to record thinking about the ways people in our life are creative and talking to them.

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00:12:35.370 --> 00:12:39.180

Carly James: i'm going to talk about that now, if you want to start off with what...

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00:12:39.270 --> 00:12:40.020

jodi jenkins: yeah sure.

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00:12:40.620 --> 00:12:41.040

Carly James: yeah.

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00:12:41.070 --> 00:12:53.010

jodi jenkins: For sure, so um, I did talk to quite a few of my friends and roommates and things like that, but also two people I talked to and I thought the responses were kind of cool where my grandparents.

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00:12:53.430 --> 00:12:57.480

jodi jenkins: I called them last week and then I was like, “hey, actually, I think...

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00:12:58.140 --> 00:13:01.650

jodi jenkins: I think it'd be kind of cool to get, like, a different generations perspective on this.”

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00:13:01.680 --> 00:13:02.190

Carly James: yeah, for sure.

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00:13:02.220 --> 00:13:05.250

jodi jenkins: The only other people I had talked to were all, like, around my age.

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00:13:06.720 --> 00:13:22.170

jodi jenkins: So my grandma gave me...they both gave me really great answers, but my grandma's answer was her main creative outlet is sewing. and she kind of started doing it when she was really young just out of necessity from needing to have clothing

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00:13:23.010 --> 00:13:24.930

jodi jenkins: for her and her family members, but um.

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00:13:25.680 --> 00:13:40.590

jodi jenkins: It then continued because it was something that she loved to do, and I have a kind of cool quote from her actually so she said, “the need to create something permanent and beautiful, is the reason that I do it now, it takes my mind off myself and all my worries.”

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00:13:40.950 --> 00:13:46.020

jodi jenkins: yeah and I just...I just thought that was really cool. I mean, i've known that she's been a quilter, i've seen all her quilts

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00:13:47.100 --> 00:13:50.460

jodi jenkins: before in my life, so it was cool to talk to her about it, though.

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00:13:50.760 --> 00:13:52.560

jodi jenkins: and then my grandpa

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00:13:53.400 --> 00:13:59.160

jodi jenkins: kind of reminded me of myself a bit, he said that his really only creative outlet is writing.

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00:14:00.900 --> 00:14:02.490

jodi jenkins: But especially editing, because

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00:14:02.820 --> 00:14:04.050

jodi jenkins: he loves the little

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00:14:04.230 --> 00:14:18.540

jodi jenkins: details in people's work, and finding them, and making them slightly different, and that's something that he loves to do. and he also likes reading authors that have really specific and strong writing styles and just kind of like,

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00:14:19.560 --> 00:14:27.630

jodi jenkins: not reading them just to read through a book, but taking time to read them and reading sentences over again, and how they phrased is just something that's really, um,

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00:14:28.740 --> 00:14:30.690

jodi jenkins: beautiful to him. Yeah!

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00:14:31.680 --> 00:14:42.330

Carly James: that's so cool that you thought to talk to them about it because I think that is really important, and it's awesome that you were able to talk to them about things that you, like you said, you knew about them, but hearing about

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00:14:42.810 --> 00:14:45.480

Carly James: what they get from it is so special and so cool to consider.

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00:14:46.890 --> 00:14:49.260

Carly James: I know the people that I was thinking about...

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00:14:50.370 --> 00:14:54.510

Carly James: In terms of, like, how the people I know express their creativity, my roommates

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00:14:56.010 --> 00:15:02.310

Carly James: do a couple different things. They like will crochet, they'll paint, draw, they’ll also color.

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00:15:03.360 --> 00:15:10.020

Carly James: But there are things that each of us definitely will turn to at specific times and like don't do it as often but.

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00:15:10.470 --> 00:15:19.170

Carly James: it's something that I think...I know that what came up for me when I was talking to all of them was how they pursue these things

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00:15:19.440 --> 00:15:25.770

Carly James: over like multiple days. It's not something that they set out to finish at once, I mean I know we sort of talked about this earlier, but

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00:15:26.100 --> 00:15:38.160

Carly James: I think even that being able to walk away from something and come back to it and keep working on it is super cool too, because it's something that, it's new every time when you come to it, but you get to put it together as this end product in the end.

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00:15:40.020 --> 00:15:46.500

Carly James: So I loved thinking about those things in that way, when I was talking to them, and I know that, like, when I was thinking about my family,

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00:15:47.850 --> 00:15:54.120

Carly James: my mom loves puzzling, which is something that I don't think is necessarily...again not something I would think...

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00:15:54.210 --> 00:15:57.120

jodi jenkins: I had a friend who also gave that answer - puzzling - and I had not thought of that one!

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00:15:58.110 --> 00:16:04.740

Carly James: Yeah, exactly! I was just gonna say, it's not something that I would have thought of with creativity, but she loves it and, like.

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00:16:04.800 --> 00:16:09.660

Carly James: It definitely is, it's just another way to express yourself in a different way and you're taking time away from your

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00:16:09.990 --> 00:16:23.610

Carly James: daily routine and it's really easy and again it's something that you can walk away from and come back to at any point. My sister, though, I really liked what she said. She embroiderers like me as well, she also cross stitches.

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00:16:25.080 --> 00:16:34.470

Carly James: But she...I think her creativity comes out the most with the gifts that she, like, considers and gifts for others, she always, like, puts a personal twist on them in the sense of...

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00:16:34.470 --> 00:16:35.460

jodi jenkins: That’s really cool!

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00:16:35.730 --> 00:16:47.370

Carly James: yeah, she’ll, like, make something herself to give to someone else, or she’ll add a piece of the gift, something that she did are created in our own way, and I think that that's something that's really sentimental and also...

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00:16:49.110 --> 00:17:03.810

Carly James: It is something that really only comes out at certain points or at certain times...being intentional about giving things to others. And I think it just makes it so much more special and it makes it so much more meaningful, but even thinking about it in that way is

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00:17:03.870 --> 00:17:04.920

Carly James: different for me.

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00:17:04.980 --> 00:17:06.990

Carly James: When I was thinking about creativity, I didn't, you know, think about it in that way.

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00:17:07.140 --> 00:17:07.680

jodi jenkins: yeah.

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00:17:08.880 --> 00:17:15.630

jodi jenkins: So, yeah, one new idea that one of my roommates told me was that one of her creative outlets is cooking.

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00:17:16.890 --> 00:17:20.100

jodi jenkins: I hadn’t thought...cooking is a creative outlet, I mean it's really beneficial to me

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00:17:21.420 --> 00:17:23.250

jodi jenkins: because she does cook some really great food.

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00:17:25.230 --> 00:17:28.320

jodi jenkins: She said that it just... it brings her pleasure, and it's something that, like, um...

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00:17:30.030 --> 00:17:31.590

jodi jenkins: If she's had a very stressful day,

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00:17:31.590 --> 00:17:38.160

jodi jenkins: it's something that she knows can make her happy toward the end of the day, yeah and she...she didn’t...

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00:17:38.490 --> 00:17:51.390

jodi jenkins: She also said that she enjoys painting because it's something she can take out her frustration on and like put her emotion into and for different paintings, you can see... you can see different emotions in them, which I thought was really cool too.

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00:17:51.960 --> 00:18:03.690

Carly James: For sure! And I think too, when you produce something artistic like that, not only can it have so many different meanings for you, but it's also going to have different meanings for the people who are looking at it or perceiving it and, like that

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00:18:04.230 --> 00:18:10.110

Carly James: kind of idea of, like, limit - like - limitless of it is really cool to think about and consider.

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00:18:11.370 --> 00:18:19.740

Carly James: But I think my favorite thing, like putting this podcast together, for me was thinking about all the ways that you don't - you wouldn't think of immediately as being a creative outlet.

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00:18:19.800 --> 00:18:20.280

jodi jenkins: yeah.

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00:18:21.120 --> 00:18:35.760

Carly James: And I think we both talked about that throughout, and I think that's so important and such a cool part of creativity, I mean that's essentially what it is. Like the things that you wouldn't immediately consider in the first place. And I think that also normalizes it in a sense.

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00:18:35.760 --> 00:18:42.540

Carly James: and makes you realize how much creativity is actually in your life that you wouldn't necessarily consider in the first place.

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00:18:44.550 --> 00:18:52.890

Carly James: yeah, and I think we talked about when we were putting it together and brainstorming, even changing things around in your space like reorganizing your room...

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00:18:52.920 --> 00:18:55.320

Carly James: yeah that is even an example of creativity.

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00:18:55.590 --> 00:19:01.290

jodi jenkins: And yeah that's one that I... I talked about a little bit when we were putting this together, because I was like...

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00:19:02.370 --> 00:19:04.560

jodi jenkins: Even the, even the things you hang up on your walls, like,

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00:19:04.560 --> 00:19:06.690

jodi jenkins: That can be creativity too, you know?

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00:19:06.690 --> 00:19:13.500

Carly James: yeah, it's totally an expression of who you are and the things that you like, and the things that bring you joy, and of course that's

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00:19:13.950 --> 00:19:25.860

Carly James: creativity and it's, again, it's something that you might consider, in the first place, but it absolutely is. Like, taking that time to change things around and create the layout that you want to create, like that is 100%.

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00:19:25.980 --> 00:19:42.780

Carly James: creative in a new way. I think like, too, now that we've kind of talked about what creative outlets are and how it can be seen across our lives, and the people we know, it's important to talk about when we use it and why it's actually important.

162

00:19:43.800 --> 00:19:51.540

Carly James: So I don't know if you have any ideas there, Jodi, that you want to start off with in terms of like, why are the times that you feel like you turn to the most

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00:19:51.540 --> 00:19:51.630

Carly James: to be creative.

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00:19:53.370 --> 00:20:04.200

jodi jenkins: um, I definitely, I think times when I should turn to it more is when I feel very overwhelmed and busy, although usually, when I feel super overwhelmed and busy, I feel like I have no time...

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00:20:04.290 --> 00:20:04.590

Carly James: yeah.

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00:20:04.680 --> 00:20:18.180

jodi jenkins: So it'll end up being like a day or two after I have a very overwhelming day or whatever, then i'll just take some time for myself and think, okay i'm gonna let just let myself breathe for a little bit by either writing or by whatever it is that you want to do.

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00:20:20.220 --> 00:20:27.150

jodi jenkins: And I was thinking about this too, especially just with the timing of this podcast, how it'll probably come out during midterms...

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00:20:27.210 --> 00:20:32.700

jodi jenkins: that is a very stressful week for all college students everywhere, so...

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00:20:33.300 --> 00:20:43.830

jodi jenkins: just weeks where you know that it’s going to be stressful, it is important to give yourself some time and know that you don't have to be productive every single minute of every single day.

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00:20:44.220 --> 00:20:51.990

Carly James: yeah I think that's such an important point, like you, don't have to be productive, and you don't have to force yourself into...

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00:20:52.470 --> 00:21:02.100

Carly James: continually spending your energy when you don't have it. Like it's so important to be able to identify those times, where you, you really need to refuel and the things you can do to do that for yourself.

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00:21:03.390 --> 00:21:11.130

Carly James: I think definitely times of stress is probably the most beneficial for me when I turn to...if its coloring or if it's

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00:21:11.130 --> 00:21:12.030

embroidery.

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00:21:13.620 --> 00:21:18.270

Carly James: that's when I feel it the most, and feel it in terms of the benefits of it the most.

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00:21:18.690 --> 00:21:30.030

Carly James: I'm appreciative of it. um, and I think colleges, like, being creative while you're in college is so important, because of the stress we're under and the stress

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00:21:31.140 --> 00:21:32.280

Carly James: it brings.

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00:21:32.460 --> 00:21:46.470

Carly James: Like that sense of newness is really great. Change in your routine with classes and stuff like that, I think, for me, like, I just love the fact that it's such a big mental break, but it's not something that you necessarily have to be aware of in the moment, like, you

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00:21:46.470 --> 00:21:49.080

Carly James: don't have to be thinking, the whole time, like, wow i'm getting this.

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00:21:49.080 --> 00:21:50.220

Carly James: mental release right now,

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00:21:50.850 --> 00:21:52.260

Carly James: that just kind of comes with it.

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00:21:53.370 --> 00:21:56.520

Carly James: And it's just that pause and break your normal routine.

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00:21:56.520 --> 00:21:57.120

jodi jenkins: yeah.

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00:21:57.240 --> 00:22:12.990

Carly James: You know, I don't think we really are aware of how much we can get into a routine at certain times, and how good it feels to kind of step outside that routine, and offer up something new. And anytime that i'm creative, I just feel that, the most in the moment. It’s like, wow, this is

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00:22:14.040 --> 00:22:15.840

Carly James: refreshing, it’s not something I turn to all the time.

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00:22:18.420 --> 00:22:25.800

Carly James: And also it's something that we can produce and look back on and be proud of, you know, and to think about that time and

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00:22:26.400 --> 00:22:40.830

Carly James: reflect on the feelings we felt in that moment, and it's always...I think it's something - whatever you produce - when you look at it, you can think about that kind of stress relief you had in the moment when you were doing it. So again, it can serve as that external reminder of that mental break.

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00:22:42.330 --> 00:22:42.720

jodi jenkins: yeah.

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00:22:43.740 --> 00:22:54.690

jodi jenkins: and taking a mental break is something that's always been sort of hard for me to do because - always - I always, like, create a to- do list, you know, to get through the day, and then

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00:22:55.080 --> 00:22:56.280

jodi jenkins: If I don't, like,

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00:22:56.430 --> 00:23:02.430

jodi jenkins: complete a certain level of things, i'll begin to like... not feel bad, but i'm just like “oh why didn’t I do that?”

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00:23:02.580 --> 00:23:03.000

Carly James: yeah.

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00:23:03.900 --> 00:23:17.130

jodi jenkins: it's something that i'm really working on myself right now, because you shouldn't have to feel like you are not worthy or you're not good enough just because you didn't get a certain number of productive things done.

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00:23:18.210 --> 00:23:31.080

Carly James: Exactly. And I think that that's so important, like, I don't think we're aware of how much productivity is, like, a thing in our lives, and I think like the stress around productivity

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00:23:32.010 --> 00:23:41.340

Carly James: is something that we're just sort of not, like, aware of all the time, and when you are aware of it and you're really intentional about like everything you just said... i've

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00:23:41.670 --> 00:23:49.890

Carly James: been working on that myself too, like not valuing the amount of things you get done in a day, but what the things are that you do throughout the day and how they serve

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00:23:49.890 --> 00:23:50.340

Carly James: you.

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00:23:51.570 --> 00:24:02.610

Carly James: Like really managing your energy and managing the things that bring you joy and the things that don't, and like bringing awareness to the things that don't bring you joy, and making sure you're giving yourself enough joy

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00:24:02.700 --> 00:24:02.910

Carly James: Throughout the day.

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00:24:05.100 --> 00:24:19.800

Carly James: And that's something that, like, you should reward yourself for the end of the day, even if that means you don't do as much schoolwork in one day. Like being able to say, “hey I did this for myself today that's a huge accomplishment.”

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00:24:21.000 --> 00:24:31.020

Carly James: It's so important, it's really that self care that you can turn to yourself, and like that, have that intentional purposeful effort of saying, i'm going to take care of myself right now, and i'm going to refuel.

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00:24:31.500 --> 00:24:38.700

Carly James: And that's all that matters, and I think that that's something that's so important to become aware of for sure.

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00:24:39.480 --> 00:24:42.750

jodi jenkins: mm hmm I 100% agree, yeah,

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00:24:44.670 --> 00:24:46.320

jodi jenkins: and as we’re wrapping up I guess,

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00:24:46.410 --> 00:24:47.160

jodi jenkins: I think that that.

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00:24:47.280 --> 00:24:51.930

jodi jenkins: would be the main focus that we wanted to bring across during this episode of this podcast.

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00:24:52.290 --> 00:25:02.160

Carly James: yeah, for sure, definitely, like I mean, like, we've talked about not only does creativity bring something new into your life, but it also helps you to turn in towards yourself and say, hey

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00:25:02.550 --> 00:25:09.720

Carly James: what are my needs right now, and how can I meet them, and expressing yourself in a new way, surprisingly, you can do so much for you.

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00:25:10.740 --> 00:25:18.630

Carly James: So hopefully after listening, you're able to think about some kind of new ways that you may not have considered before...

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00:25:19.320 --> 00:25:32.070

Carly James: Implementing creativity in your life, and in your routine, and considering what it can bring for you, and what it can offer, and how it can really just celebrate coming home to yourself in that moment, and giving yourself that break.

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00:25:32.910 --> 00:25:40.830

Carly James: So hopefully you've learned something new, while listening today and you've - you're excited to try something else, but yeah, thanks so much for tuning in.

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00:25:41.640 --> 00:25:42.900

jodi jenkins: Thank you! bye!