

# *10 Ways to Overcome Creative Block*

**1. Carry a notebook-** an idea can come to you at any time. Write it down so you don't forget it.

**2. Move your desk/work area-** sometimes inspiration comes in different areas of your office or work place.

**3. Take breaks-** if you feel tired or overwhelmed, step away for a little while.

**4. Stay positive-** think of all the creative things you did in the past.

**5. Think outside of the box-** take a different approach from what you normally do.

**6. Ask for help-** getting someone's opinion can help you see things you may have missed before.

**7. Sleep on it-** get a good nights sleep and come back feeling refreshed.

**8. Take a walk or a drive-** you may find inspiration in a new place.

**9. Have fun-** being creative should be fun and exciting.

**10. Breathe and relax-** Don't put too much pressure on yourself.