

Restore Activity Series

Get Creative



Ways to Inspire Your Creativity

Inspiration Comes From All Over

Creativity comes in all shapes and sizes but can be difficult to muster when going through postpartum struggles. Below are some ideas to help engage your creativity and bring some positivity to your day.



- Think about the creative outlets you used to enjoy before becoming a mom
- Write down the ones that you are able to do now, even if you have to make some slight changes to accommodate your little one
- Think about creative outlets you've always been interested in but never explored
- Write down the ones that you think you could try as well as the supplies you will need to attempt them
- Pull together the supplies that you can (whether on hand or things you need to get)
- Make a list of things that inspire you - people, places, things - you can write them down or create a Pinterest board to reference later
- Use your list or board as the inspiration you need to help you get started

Exploring Creative Outlets



These can include photography, drawing, painting, crocheting, pottery, music, writing, design, fashion, makeup, crafting, DIYing, cooking, baking, and more. The options and potential are limited only by your imagination and interests.

Activities to Try

Supplies Needed

What's My Inspiration?

Inspiration can be the people, places, things, memories, etc. that help influence our imagination or make us feel a certain kind of way that encourages ideas. Write down your sources of inspiration below.

