# CREATIVE PATHWAYS MODEL

# ACTIVITIES

- + Literary, visual and performing arts
  - Individually or with a group
  - + Self-directed or facilitated
    - + Online or in person



### RESOURCES

- + Organisational resources
  - + Creative resources
- + Personal values, resources and motivations
  - + Accessible spaces and technologies

#### SYSTEMS

- Geographic variation in provision
- Lack of cross-sector policies for creativity and wellbeing
  - Reliance on delivery by voluntary organisations

### PERSONAL

- Active engagement and participation
- + Autonomy and choice
- + Feeling empowered and challenged
  - + Experimentation and curiosity
- + Learning creative and personal skills
- + Making something meaningful and original
  - + Self-expression
  - + Strategies for coping
  - + Stress-relief, distraction and escape
  - Feeling frustrated or overwhelmed
    - Feeling vulnerable to criticism

### RELATIONAL

- + Social connection, and communication skills
- + Supportive environment for experimentation
- + Exhibiting and performing
- + Teaching and learning creative skills
  - + Skilled and supportive facilitation
    - Feeling excluded from decision making



## DERSONAL



- + Pleasure, achievement and pride
- + Confidence and self-esteem
  - + Immersion and flow
    - + Personal growth
    - + Feeling motivated and inspired

## RELATIONAL

- + Social connectedness and friendships
- + Stronger family bonds
- + Trust and belonging
- + Empathy, understanding and respect



- 1 Improved mood, relaxation, coping and recovery
- → Reduced anxiety, stress, loneliness, and severity of depression
  - 1 Improved subjective wellbeing and quality of life