



eMpowered for Wellness

Presented by Magellan Healthcare & the Depression and Bipolar Support Alliance

Healing power of the arts & creativity

A message from **Thomas Lane, CRPS, senior director, consumer and recovery services**

This issue of eMpowered for Wellness highlights creativity and wellness. **Creativity** is defined as “the ability to transcend traditional ideas, rules, patterns, relationships, or the like, and to create meaningful new ideas, forms, methods, or interpretations” (Dictionary.com). Individuals may tap into their creativity in all different ways – through writing, painting, dancing, singing, acting, sketching... the list could go on and on.

Creativity has a powerful impact on an individual’s health, healing and overall wellness, from stress relief to mood support. You’ll learn more about creativity’s healing power in the articles that follow.

As always, our goal through this newsletter is to provide the information you need to help improve overall health and well-being through peer support and whole health planning. I encourage you to share it with others so that everyone can benefit from this information. Thank you for your support!

"Creativity is the way I share my soul with the world."

– Brene Brown



Thought leader interview:
Creativity Expert Gayle Bluebird
SAMHSA VOICE Award
winner Gayle Bluebird has been
involved in the development of peer-
related programs since the early
1980s. [Read more](#)



**Special announcement! New
resource for advancing peer
support**
An interactive map of U.S. mental
health peer certification programs is
now available. [Read more](#)



Creativity resources
Would you like to know more about
the healing power of creativity and
the arts? [Read more](#)



**"It's not just about creativity; it
is about the person you're
becoming while you're
creating."** – Charlie Peacock

eMpowered for Wellness is brought to you by [Magellan Healthcare](#) and the [Depression & Bipolar Support Alliance \(DBSA\)](#).

Previous issues of this newsletter are available on Magellan’s [Resiliency and Recovery e-Learning Center](#), which offers a range of no-cost resources, including previously recorded webinars and on-demand e-courses about peer support specialists, and a health education and literacy library.

If you would like to be added to Magellan's eMpowered for Wellness e-mail distribution list, please sign up [here](#).

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