



# Creativity resources

Would you like to know more about the healing power of creativity and the arts? Take a look at these resources:

- [The Connection Between Art, Healing, and Public Health: A Review of Current Literature](#)
- [Creativity as a Wellness Practice](#)
- From Ted.com: [Flow, the Secret to Happiness by Mihaly Csikszentmihalyi](#)
- [Apps to Explore your Creativity](#)