

active creativity
list



by *Binhlan Dirilgen*

Have you ever tried to meditate while walking?

01

You can walk in nature or at home.

Calm app and **YouTube** are great places to start if you are new to the subject.

My YouTube video suggestion:
[Dr. Joe Dispenza's Walking Meditation](#)

02

Organizing your closets and/or
and clearing out of unused items will make you feel good.



03

Taking a walk in nature will clear your mind while raising the level of serotonin. This will make you happy and put you in a cheerful mood.



04

You can practice yoga and pilates at the comfort of your home.

You can find different sources about these on *YouTube*.

My YouTube channel recommendation
for your step-by-step progress: [Yoga With Adriene](#)

You can increase blood flow and activate your energy level
by dancing.

05



By volunteering in your local community

you can contribute to causes that matter to you.

This will **fuel positivity** inside you and your surroundings.



06

It will come back to you as happiness.

07

You can cook special dish
for yourself and eat it.



*You can start a new hobby – and
this doesn't have to be hard!*

You can begin simply by learning
the basics on YouTube.

08



SCAN ME