The Philosophy Toolkit

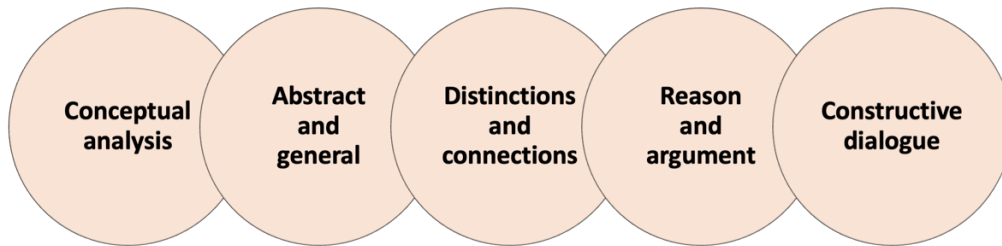Conceptual analysis | Abstract and general | Distinctions and connections | Reason and argument | Constructive dialogue

What is Creativity?

Can we apply the Philosophy Toolkit to the concept of creativity? (We'll cover meaning and mental health later!)

Examples of Creativity

We'll share some examples of creativity, to showcase the talent at the Middle Street Resource Centre. Does such creativity help us make meaning? Does this support good mental health?

Meaning Making and Mental Health

Consider **mental health pluralism**: the idea that there are many things we mean when we talk about mental health. Here are two examples:

A negative conception: good mental health is simply the absence of mental illness

A positive conception: good mental health is the presence of positive psychological states

Discussion: creativity can support good mental health in both senses because of the different ways in which it can help us to **make meaning**:

- Problems of mental health sometimes involve the loss of meaning; creativity can help with this by aiding us in creating new meaning
- Being creative can expand what it means to be you by boosting your positive psychological states: helping you to express, grow, and play

Further Resources

- Philosophy of Mental Health in Nottingham: www.pomhnottingham.org
- *The Philosophy Gym,* by Stephen Law
- Creativity: www.psychologytoday.com/gb/basics/creativity

Being Human — A FESTIVAL OF THE HUMANITIES

MIDDLE STREET RESOURCE CENTRE

University of Nottingham
UK | CHINA | MALAYSIA