



Creativity & Celebrations-Questions

- 1.) What is one creative tool or practice that has helped you cope with pain or stress?**
- 2.) How do you celebrate personal milestones now with your current energy levels and body's needs?**
- 3.) Has creativity shown up in your healing journey, even in small or unexpected ways? Please share.**
- 4.) What small wins from this year would you like to acknowledge or honor?**
- 5.) In what ways have you gotten creative with pacing, planning, or structuring your day?**
- 6.) What traditions have you adapted to make them more pain-friendly?**
- 7.) Have you used creativity to communicate your needs that are hard to put into words?**
- 8.) What helps you balance participation and rest during celebratory events?**
- 9.) What creative hobbies or interests bring you comfort or grounding?**
- 10.) What strategies have you found helpful if celebrations look different than they used to?**
- 11.) What adaptations or modifications have you made to keep participating in creative activities you love?**
- 12.) How have you learned to set boundaries around holiday commitments?**

13.) In what ways have you been creative with problem solving if symptoms disrupt your plans?

14.) What is one thing you want to celebrate accomplishing this year, no matter the size?

15.) What types of creativity fill you up; art, writing, movement, crafting, music, cooking, organizing, decorating, or something else?

16.) What does self-celebration look like for you right now?

17.) How have you learned to stay flexible when creative energy changes day to day living with chronic pain and other conditions?

18.) What traditions bring you comfort, connection, or joy?

19.) Do you have a creative ritual or practice that helps you recenter? Please describe.

20.) In what ways do you celebrate what you can do, especially on hard days?

21.) What are some creative ways you show yourself compassion during a flare or high pain day?

22.) What new traditions have you created that better support your health?

23.) How does creativity help you process the holidays and seasonal shifts?

24.) What is something you'd like to celebrate about your growth this year?

25.) Have you found creative ways to track symptoms or pain levels to better understand patterns?

26.) What creative adaptations make celebrations accessible for you?

27.) What tips can you share that have helped you remind yourself that you deserve celebration, rest, and joy?

28.) How have you gotten creative with your self-care on low-energy days?

29.) What are ways you can bring more ease, creativity, or intention into your celebrations this season?

30.) What inspires your creativity when you're feeling depleted?

31.) How do you plan for recovery time after a celebration or gathering?

32.) How does engaging in creativity bring joy or meaning to your healing journey?