About Creative Wellness with CBTV

Chapter 1 - Meet the Makers
You're More Creative Than You Think
(gentle music) - [Lisa] I decided I needed something besides work to sort of feed my soul. I discovered that I loved painting. - [David] Sometimes I think we get really caught up in other people, our jobs, etc. That's what art, I think, is supposed to do is give you that chance to sit down, be with yourself, nurture yourself, do something for yourself. And I think that's really healthy. - [Natalie] I almost failed home ec because my little apron fell apart. The home ec teacher told me, "You will never learn how to sew." And so (laughs) it's funny that sewing's really come to define my life in so many ways. - [Brandon] If you keep going and you keep going, something magical will come out of it, but the hardest thing is actually allowing yourself just to try. - [Courtney] There's no perfect time to make art. You can't just wait for some perfect time. You just have to make it in all the in between times. Really you just have to build it into your life so that if you're not making something, if you're not working on something, then you miss it. - [Jenny] Art saves. It gives us a purpose and a reason to wake up every day and shoo the blues away. It's like happy medicine.

© CBTV and Creativebug Inc., 2026