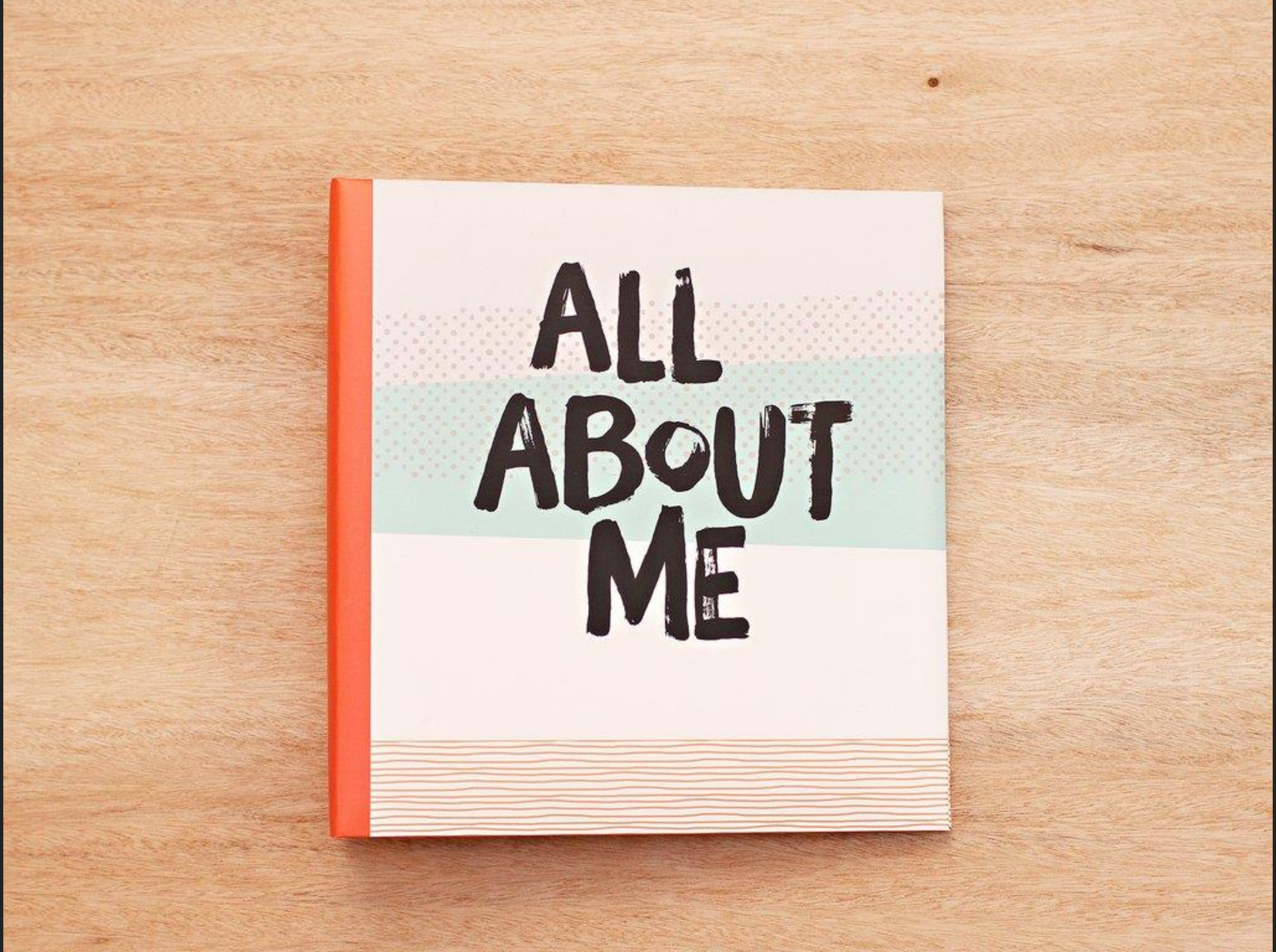
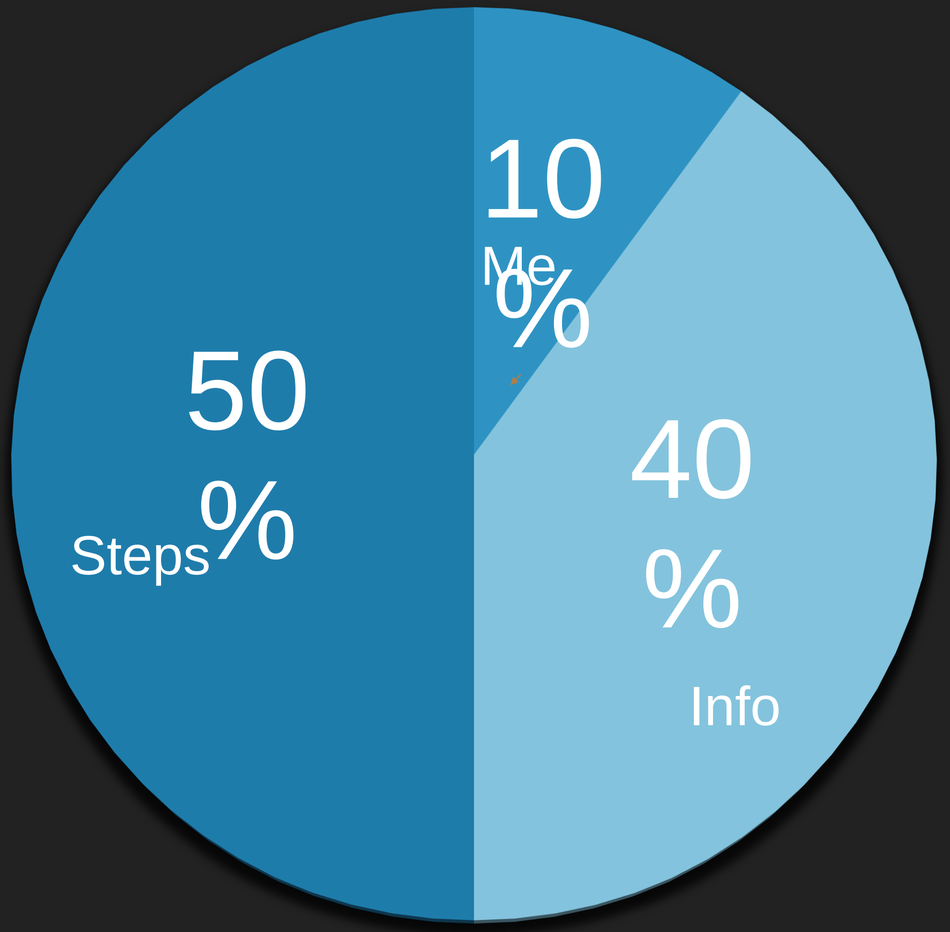
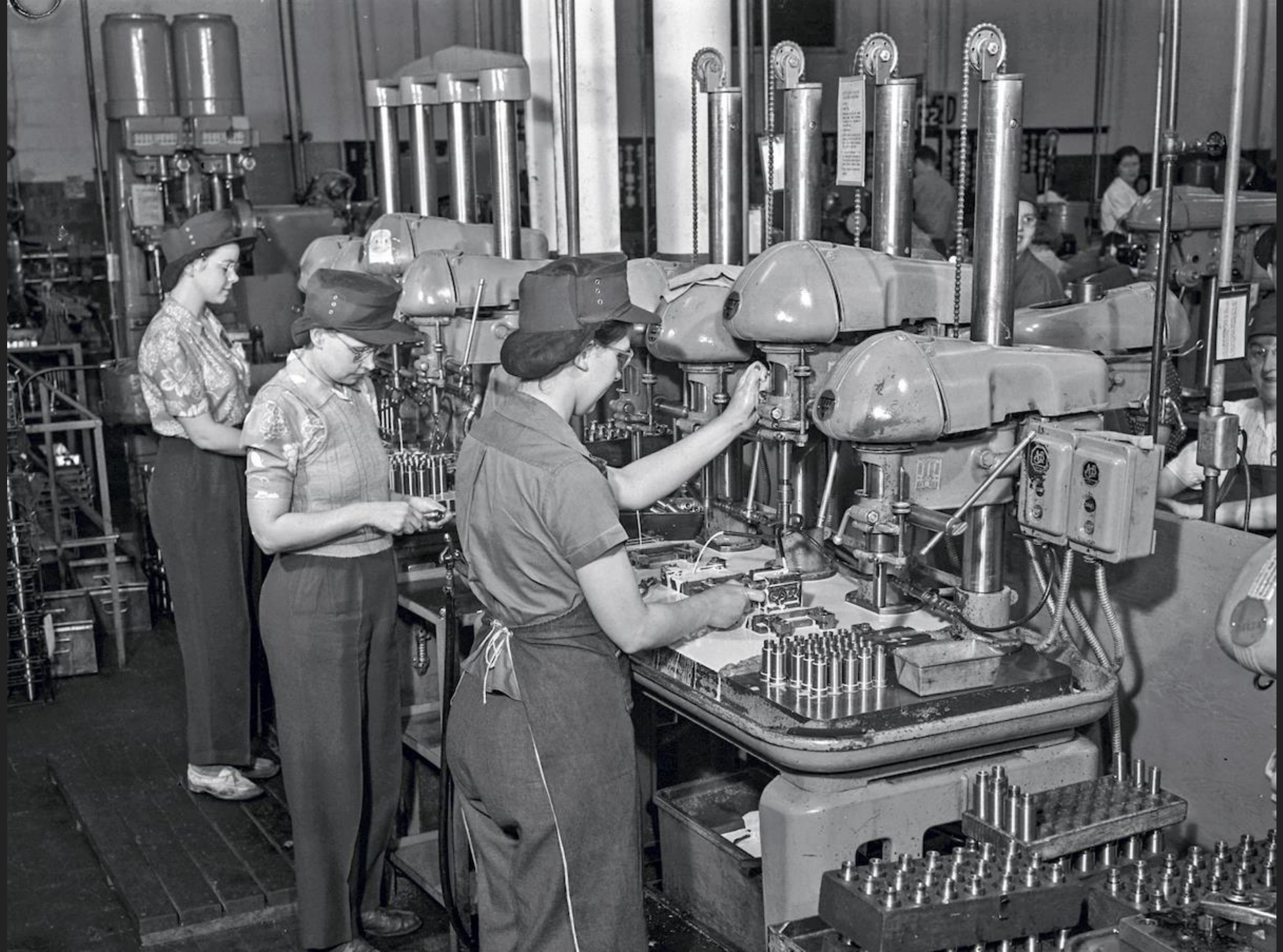
FINDING YOUR CREATIVE WAY THROUGH DIFFICULT TIMES

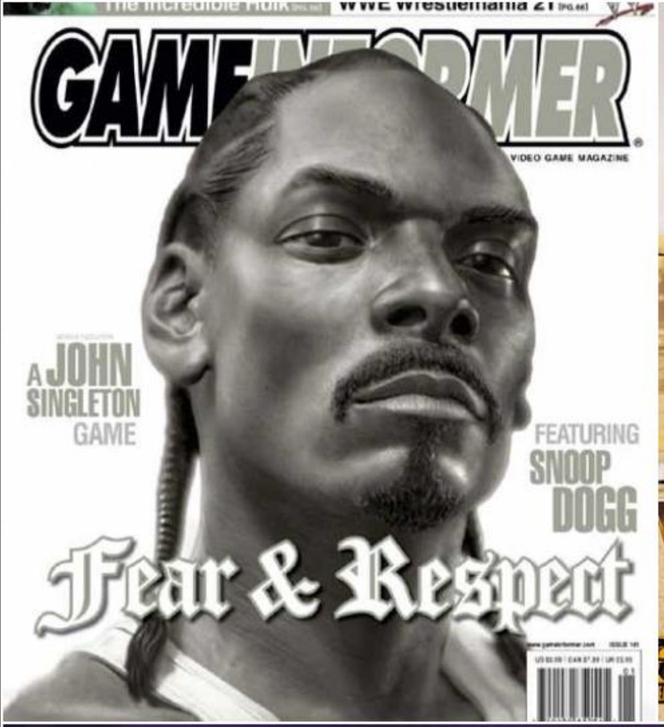
YOU’RE NOT BROKEN

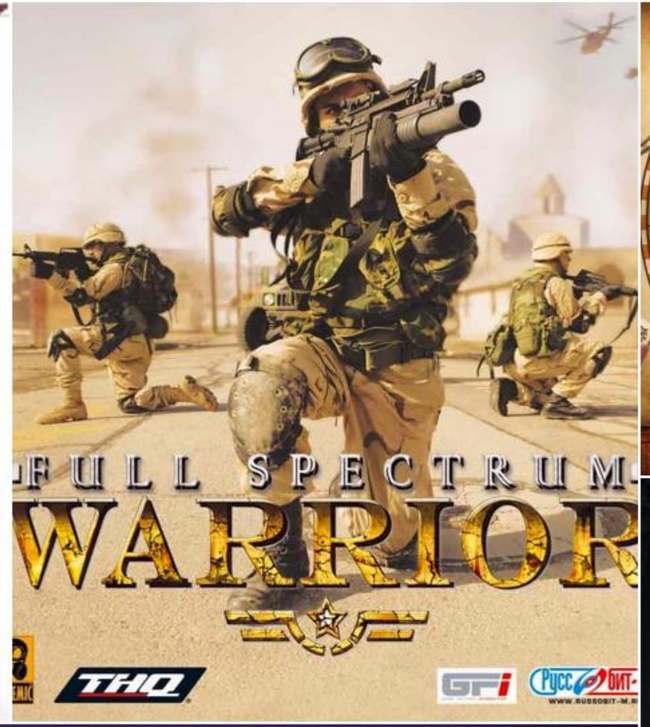

ALL
ABOUT
ME

ALL
ABOUT
ME


10
Me
%
50
%
Steps
40
%
Info




GAME INFORMER
VIDEO GAME MAGAZINE
A JOHN SINGLETON GAME
FEATURING SNOOP DOGG
Fear & Respect

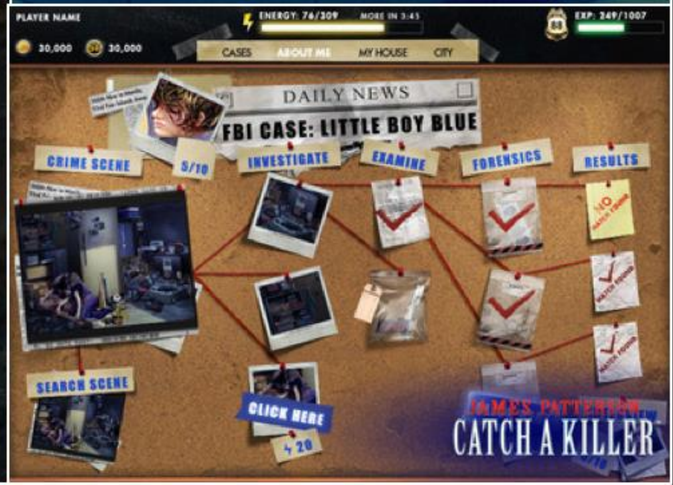

FULL SPECTRUM
WARRIOR
THQ
GFI

RELIC QUEST
BETA
PREPARING QUESTS...

PlayStation 2
NTSC U/C
Disney's
Stitch
EXPERIMENT 626
EVERYONE
E
CONTENT RATED BY ESRB
Disney INTERACTIVE
SONY

FreeRealms
www.FreeRealms.com

ARCHANGEL


PLAYER NAME
CASES
ABOUT ME
MY HOUSE
CITY
DAILY NEWS
FBI CASE: LITTLE BOY BLUE
CRIME SCENE
INVESTIGATE
EXAMINE
FORENSICS
RESULTS
SEARCH SCENE
CLICK HERE
JAMES PATTERSON
CATCH A KILLER

2012

DIAGNOSIS: T2 N2 M0, STAGE IVA LEFT OROPHARYNGEAL SQUAMOUS CELL CARCINOMA, P16 POSITIVE

© 2013 MIKKO LAGERSTEDT

BURN, BABY, BURN.

CHEMO BRAIN

2015

DIAGNOSIS: STAGE IIIB SQUAMOUS CELL CARCINOMA OF THE RIGHT LUNG

WITH METASTASIS TO REGIONAL LYMPH NODES AND THE PLEURA

P16 POSITIVE

BURN THAT MOTHER DOWN.

CHANCE

2015

DIAGNOSIS: REFRACTORY METASTATIC SQUAMOUS CELL CARCINOMA.
INCURABLE.

DEAD
END

SPOILER ALERT

I GUESS I’VE DEVELOPED SOME TOOLS FOR DEALING WITH BAD NEWS.

EPITOME OF NAVIGATION;
THE REQUISITE TABLES
JOURNAL
JOHN HAMILTON MOORE

The Relocation Game

by Paul Hyman [Business/Marketing, Art]

The senior writer on Dragon Age II has decided to leave developer BioWare after 'graphic threats' were made to kill her children.

IP Ownership Issue Prevented Respawn From Signing With THQ

The death march: the problem of crunch time in game development

We investigate the ramifications of quality of life concerns in the video game …

Designing Video Games is Hard Work, But the Millions of Angry Players Make It All Worthwhile

SIX STEPS TO CREATIVE RECOVERY

1.

2.

3.

4.

5.

6.

SIX STEPS TO CREATIVE RECOVERY

1. Recognize and acknowledge what’s happening.
2.
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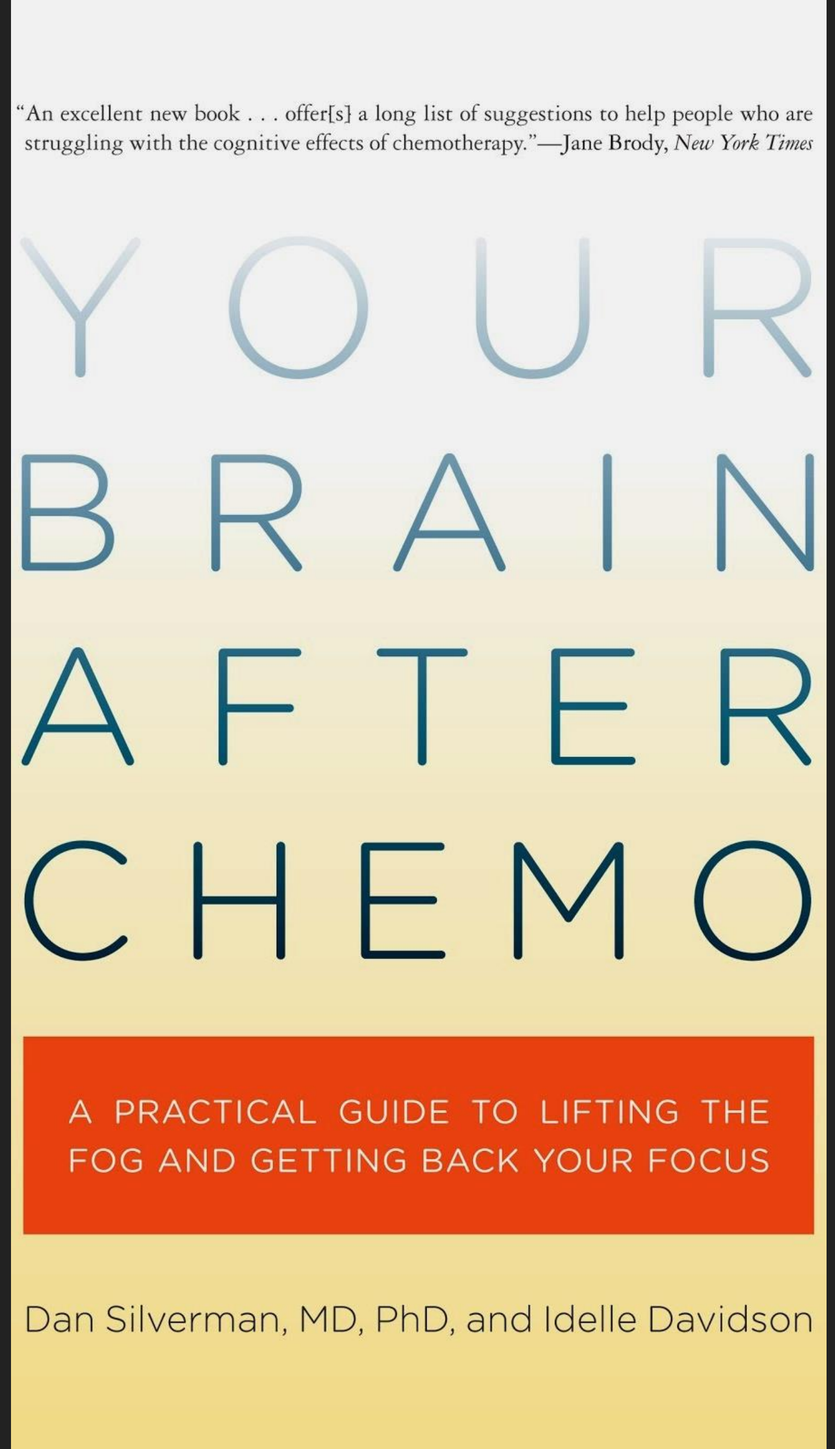

"An excellent new book . . . offer[s] a long list of suggestions to help people who are struggling with the cognitive effects of chemotherapy."—Jane Brody, New York Times
YOUR BRAIN AFTER CHEMO
A PRACTICAL GUIDE TO LIFTING THE FOG AND GETTING BACK YOUR FOCUS
Dan Silverman, MD, PhD, and Idelle Davidson

CHEMO BRAIN

SYMPTOMS OF CHEMO BRAIN

- Being unusually disorganized
- Difficulty concentrating
- Difficulty finding the right word
- Difficulty learning new skills
- Difficulty multitasking
- Short attention span
- Short-term memory problems
- Taking longer than usual to complete routine tasks
- Trouble with verbal and visual memory

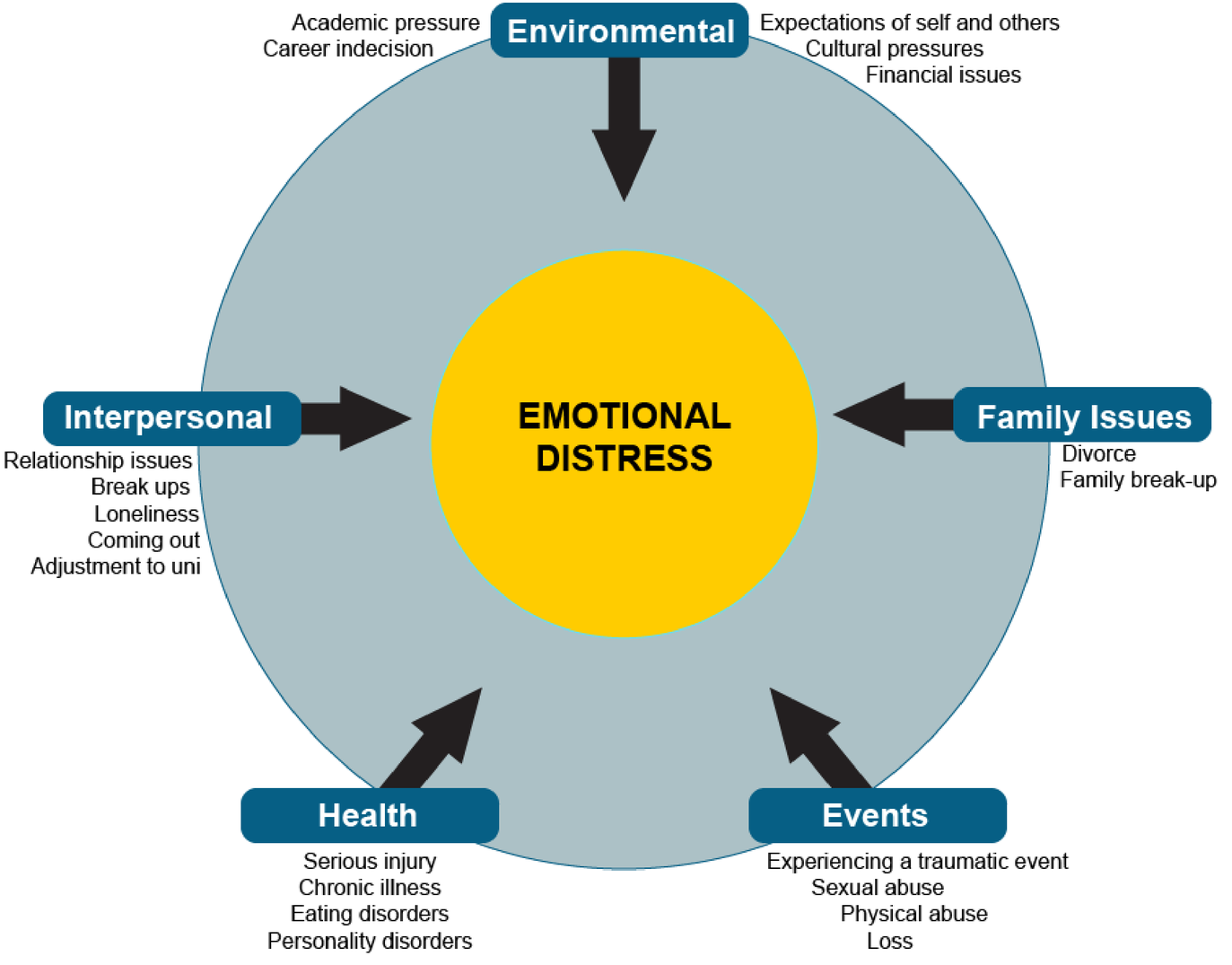
“FROM MANY SOURCES OF DATA, WE NOW KNOW PATIENTS EXPERIENCE IMPAIRMENTS NOT JUST AFTER CHEMO, BUT AFTER SURGERY, RADIATION, HORMONAL THERAPY AND OTHER TREATMENTS.”

–Patricia Ganz, M.D., UCLA

CHEMO BRAIN

TRAUMA BRAIN

Common Causes of Emotional Distress



CAPTAIN OBVIOUS

THE SIGNS

- Being unusually disorganized
- Difficulty concentrating
- Difficulty finding the right word
- Difficulty learning new skills
- Difficulty multitasking
- Short attention span
- Short-term memory problems
- Taking longer than usual to complete routine tasks
- Trouble with verbal and visual memory

CREATIVE SYMPTOMS

THOUGHTS DON’T FLOW

CREATIVE SYMPTOMS

MEMORIES & WORRIES REALLY FLOW

CREATIVE SYMPTOMS

CAN’T MAKE DECISIONS

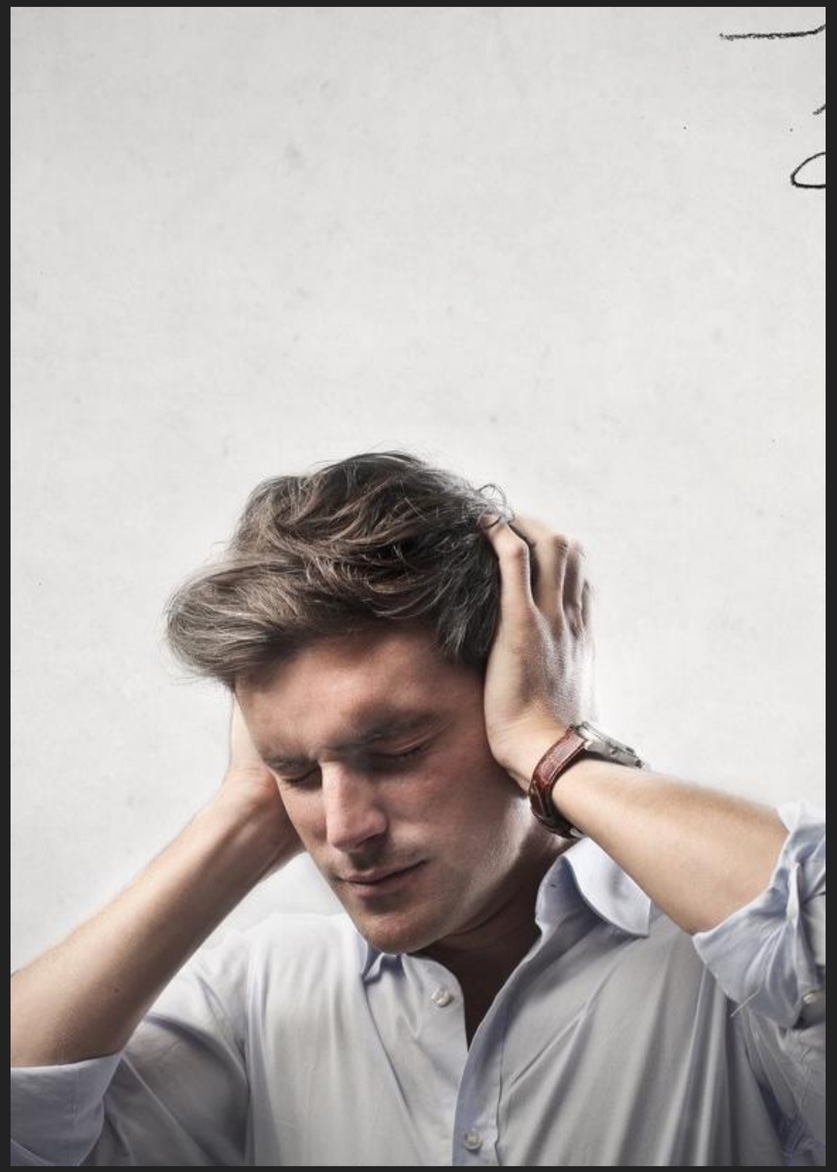
CREATIVE SYMPTOMS

IMPOSTER SYNDROME

CREATIVE SYMPTOMS

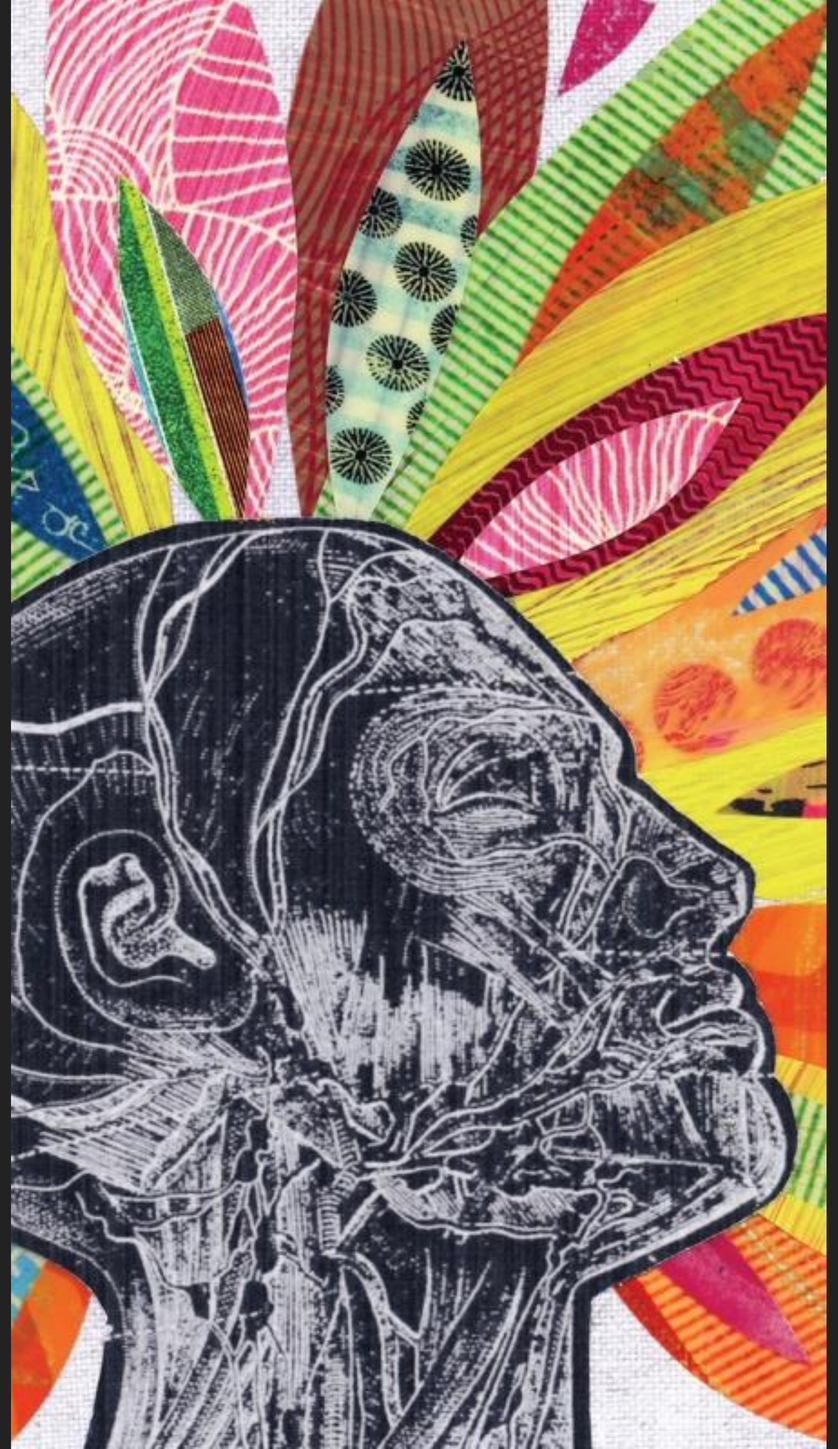
RECOGNIZE YOUR OWN WORDS

- I just can’t get started.
- I can’t focus.
- What was I thinking about?
- I’m just so tired.
- I’m ashamed to admit/ask about it.
- It never used to take me this long.



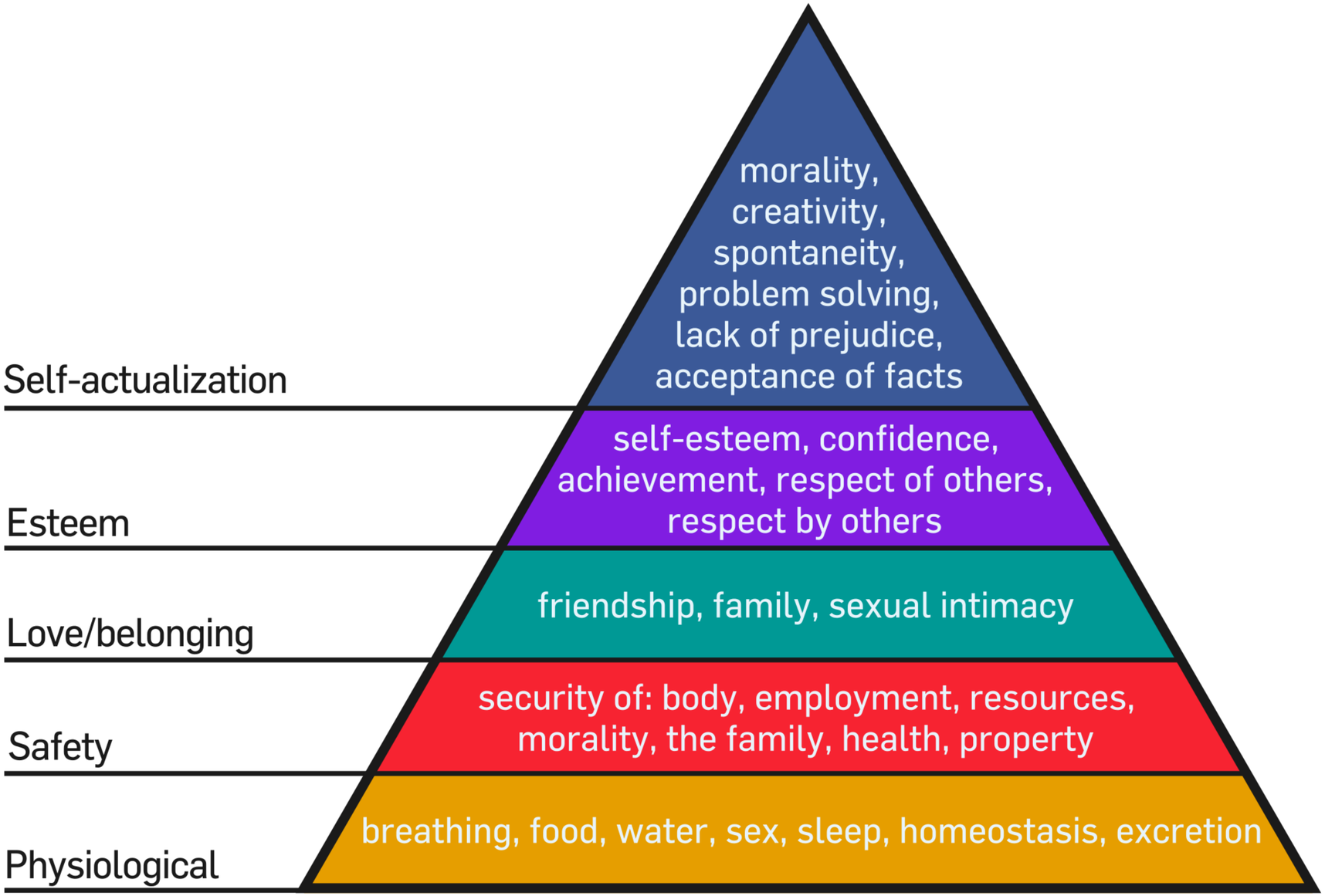
REALLY.

IT’S NOT YOU.



REQUIREMENTS FOR

CREATIVITY


Self-actualization
morality, creativity, spontaneity, problem solving, lack of prejudice, acceptance of facts
Esteem
self-esteem, confidence, achievement, respect of others, respect by others
Love/belonging
friendship, family, sexual intimacy
Safety
security of: body, employment, resources, morality, the family, health, property
Physiological
breathing, food, water, sex, sleep, homeostasis, excretion

SLEEP

DAYDREAMING

COLLABORATION

SUNSHINE

SAFETY

HAPPINESS

HABIT

Forget

AS STRANGE AS IT SOUNDS, CREATIVITY CAN BECOME A HABIT. MAKING IT ONE HELPS YOU BECOME MORE PRODUCTIVE.

Jonathan Plucker, PhD
Indiana University

ACKNOWLEDGE THE CREATIVE EFFECTS

- Less sleep
- No daydreaming
- More time alone
- Less sunshine
- Feeling insecure, unsafe
- Unhappy
- Can’t keep creative habits

The Past

SIX STEPS TO CREATIVE RECOVERY

1. Recognize and acknowledge what’s happening.
2.
3.
4.
5.
6.

SIX STEPS TO CREATIVE RECOVERY

1. Recognize and acknowledge what’s happening.
2. Find ways to center your thoughts.
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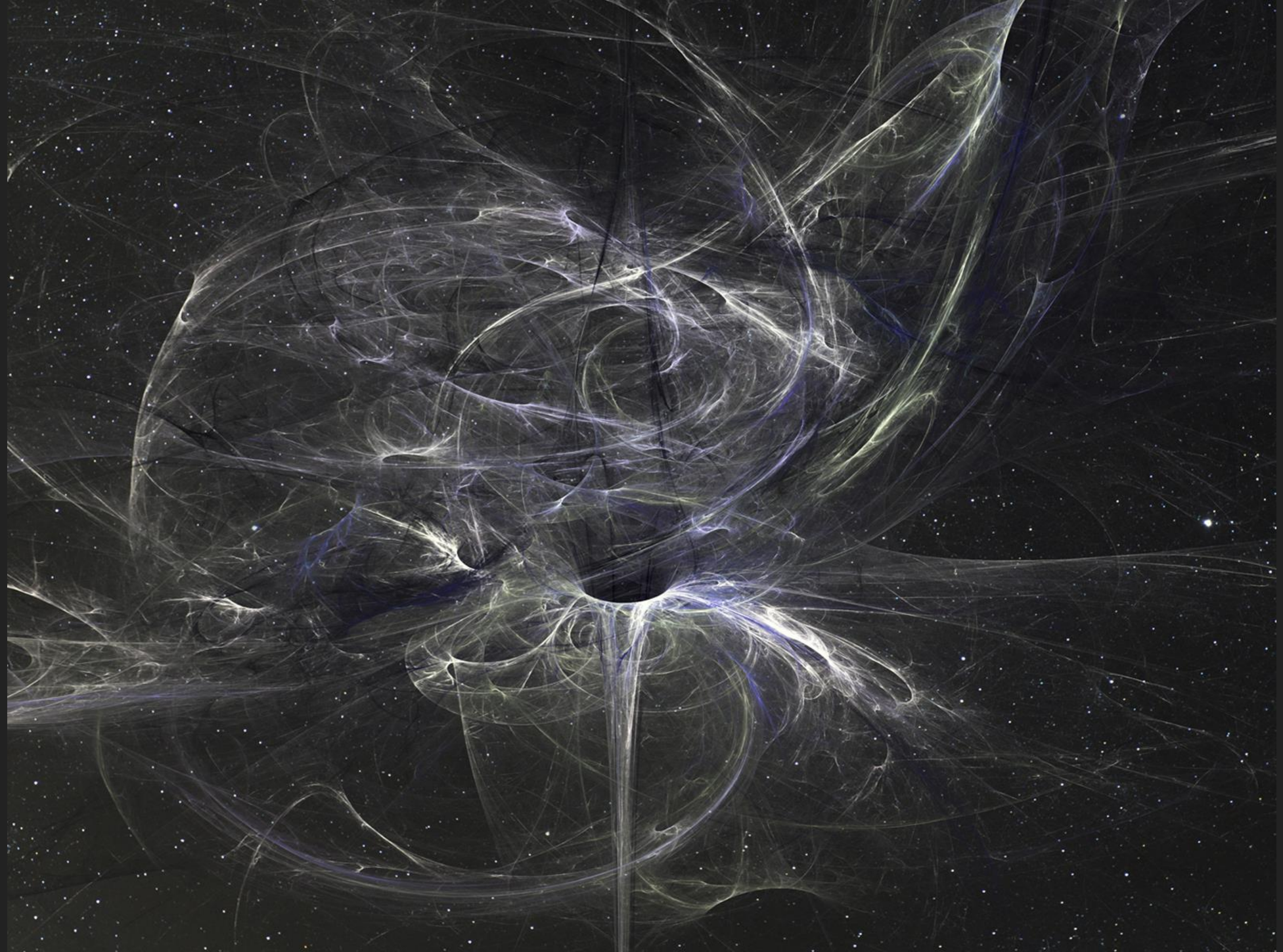


BAD

THOUGHTS
ELESQ

SHUT THE FUCK UP

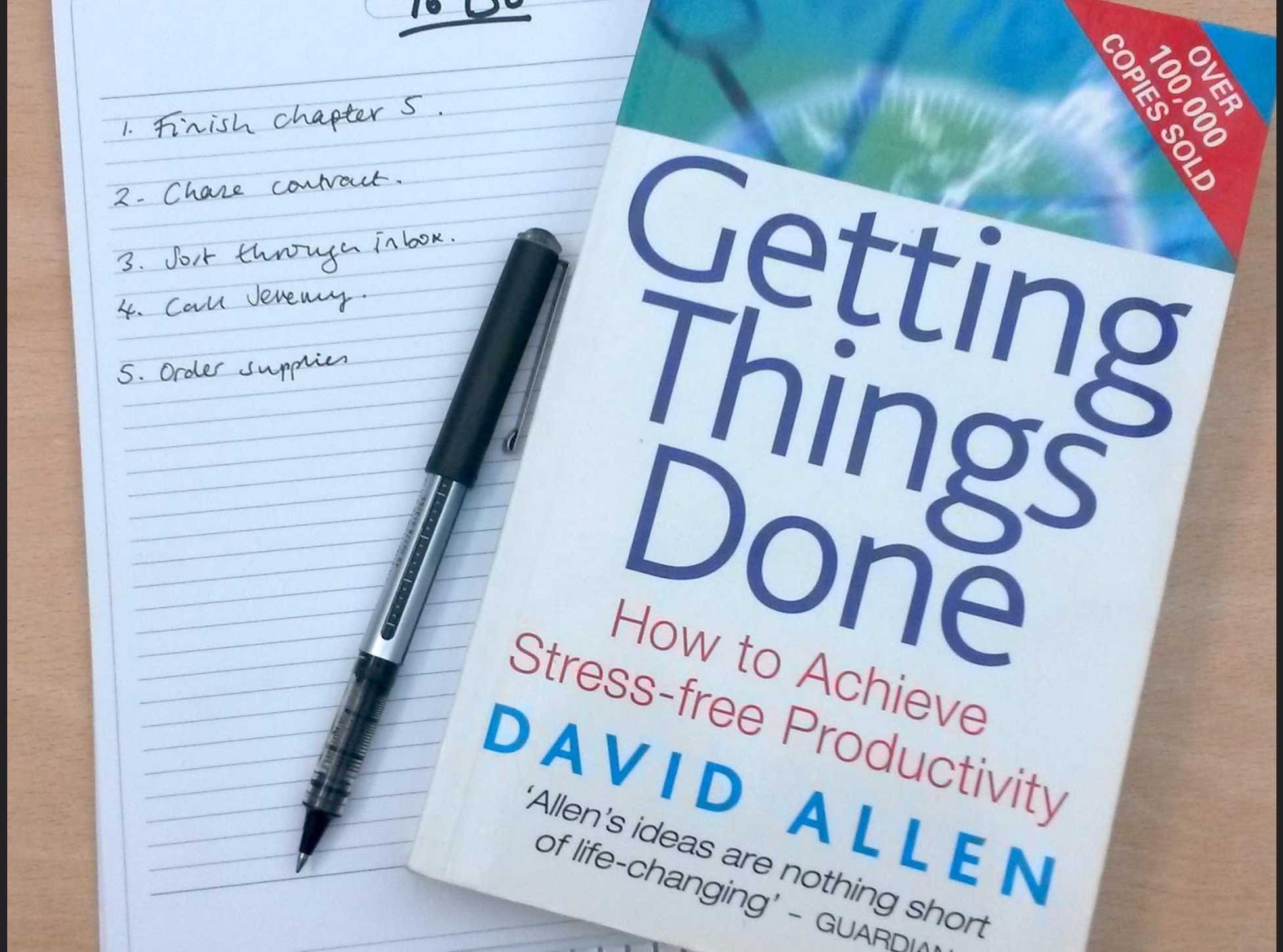
HEADSPACE®

Play
What are you doing?
Can't Sleep
Just Meditation I
Just Meditation II
Waking Up
Traveling
Eating
Work Break
Parks & Nature
Difficult Emotions
Waiting Around
Being Online
Feeling Stressed
Walking in City
At Home
Pain & Illness
Going to Sleep

Play
Click to play or swipe for description
Going to Sleep
1 Cradle 5 mins
2 Thanks 11 mins
3 Whole 8 mins
4 Release 7 mins
5 Presence 5 mins
6 Fade 12 mins

Breathe App

Quiet your mind.
Relax your body.


To Do
1. Finish chapter 5.
2. Chase contract.
3. Sort through inbox.
4. Call Jeremy.
5. Order supplies
OVER 100,000 COPIES SOLD
Getting Things Done
How to Achieve Stress-free Productivity
DAVID ALLEN
'Allen's ideas are nothing short of life-changing' – GUARDIAN

SIX STEPS TO CREATIVE RECOVERY

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SIX STEPS TO CREATIVE RECOVERY

1. Recognize and acknowledge what’s happening.
2. Find ways to center your thoughts.
3. Go beyond yourself.
4.
5.
6.

American Cancer Society

Cancer Survivors Network

Home | About CSN | CSN Help | Contact CSN

Search CSN content

Search CSN members

Your Communities

Shared with members

Cancer Immunotherapy Community from the Cancer Research Institute

Joined August 9, 2016 · Leave community

Start A Post

Head and Neck Cancer Alliance Support Community

Joined July 6, 2016 · Leave community

Start A Post

Lung Cancer Survivors Support Community

Joined October 15, 2015 · Leave community

Start A Post

SIX STEPS TO CREATIVE RECOVERY

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SIX STEPS TO CREATIVE RECOVERY

1. Recognize and acknowledge what’s happening.
2. Find ways to center your thoughts.
3. Go beyond yourself.
4. Find low-pressure creative outlets.
5.
6.

Forget

ROCK BAND™
RIVALS

SIX STEPS TO CREATIVE RECOVERY

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3. Go beyond yourself.
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5. Plan your escape.
6.

THE CREATIVITY

SLEEP

DAYDREAMING

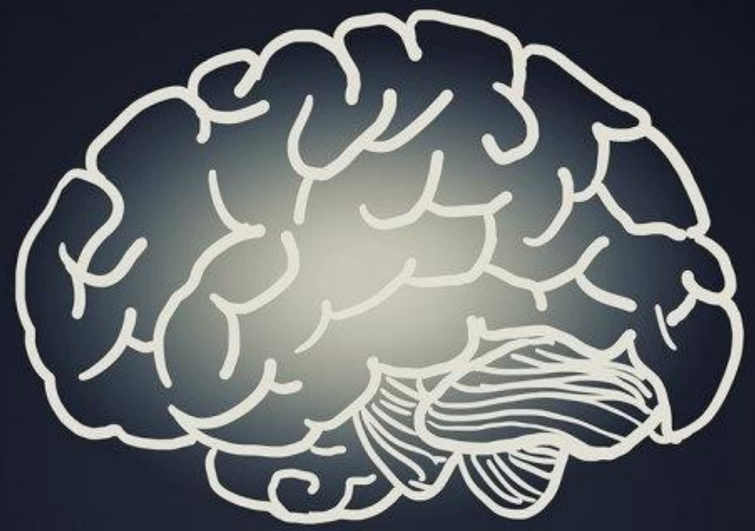
COLLABORATION

SUNSHINE

SAFETY

HAPPINESS

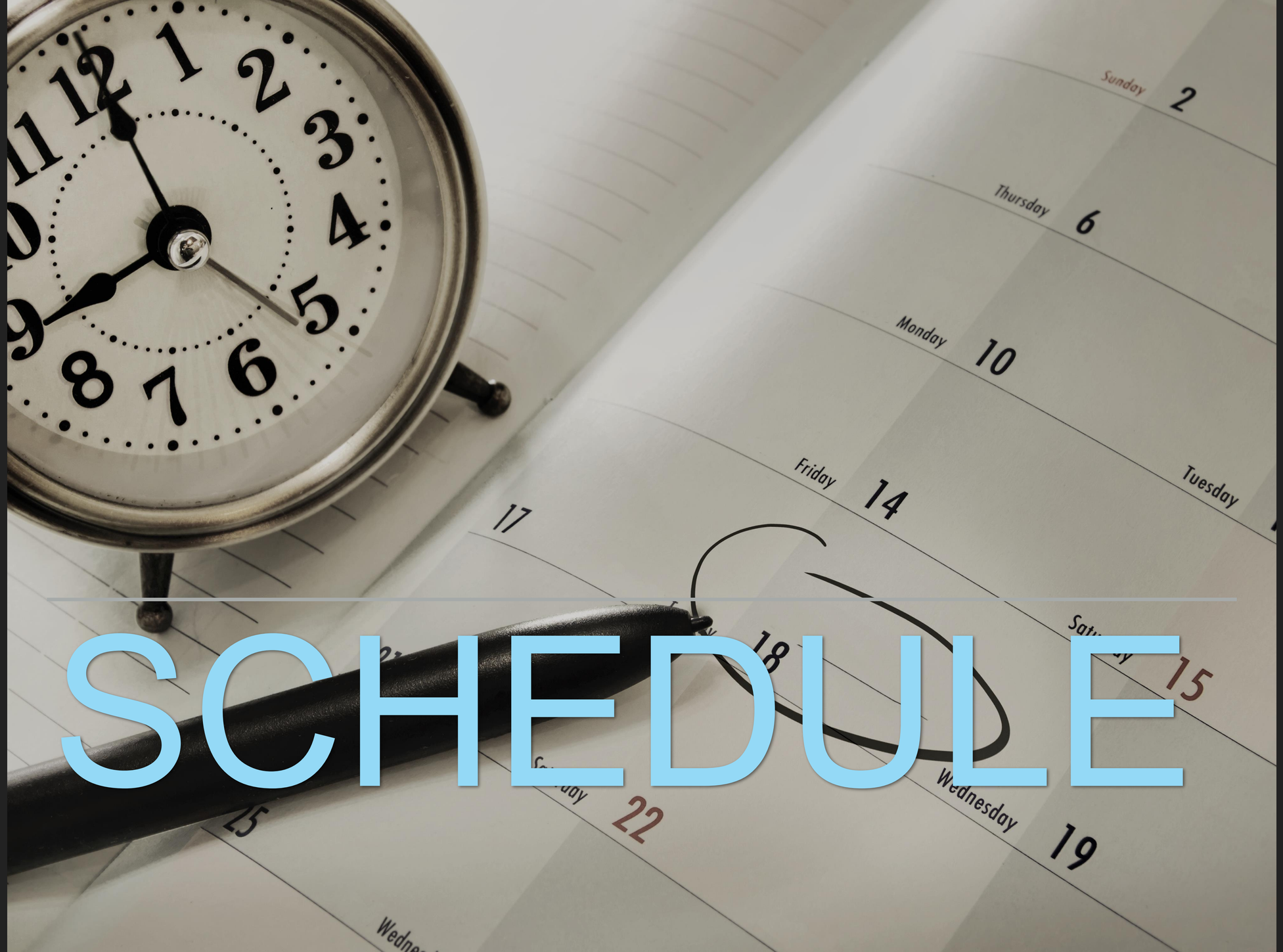
HABIT



TAKE YOUR BRAIN BACK

THE CREATIVITY HEIST

- Get enough peaceful sleep.
- Find time to daydream.
- Reach out to other people.
- Get some sunshine.
- Design a safe place to create.
- Gather things that make you happy.


Sunday 2
Thursday 6
Monday 10
Tuesday
Friday 14
17
18
15
22
Wednesday 19
25

SCHEDULE

Top 3 Goals

WEEKLY BOOTCAMP

Focus

HABIT TRACKING

⬡ =

◯ =

□ =

⬢ =

RITUALS FOR LIVING CHALLENGE

THIS WEEK, TALK TO A STRANGER AT LEAST TWICE. IF THAT'S SOMETHING YOU REGULARLY DO, GO FARTHER OUTSIDE YOUR COMFORT ZONE – SHARE MORE, OPEN MORE, BE WILLING TO FIND A CONNECTION WITH SOMEONE YOU WOULDN'T USUALLY CONNECT WITH.

RITUALS FOR THRIVING

- ○ EXERCISE
- ○ MEDITATE / BREATHE
- ○ JOURNAL
- ○ DANCE
- ○ GO ON A DATE
- ○ CONNECT WITH NATURE
- ○ VISUALIZE
- ○ FAMILY TIME
- ○ COOK / EAT A HEALTHY MEAL
- ○ ORGANIZE MY SPACE / LIFE
- ○ GET RID OF THINGS I DON'T LOVE
- ○ BE WITH FRIENDS
- ○ PLAY
- ○ LET GO / FORGIVE
- ○ SING / MAKE MUSIC
- ○ CREATE ART
- ○ READ FOR ENJOYMENT
- ○ CONNECT / PRAY
- ○ CALL SOMEONE / WRITE A LETTER
- ○ STRETCH / DO YOGA
- ○ MASSAGE / EXCHANGE TOUCH
- ○ SERVE MY COMMUNITY
- ○ TECHNOLOGY BREAK

WINS FROM LAST WEEK (WHAT I GAINED / HOW I GREW)

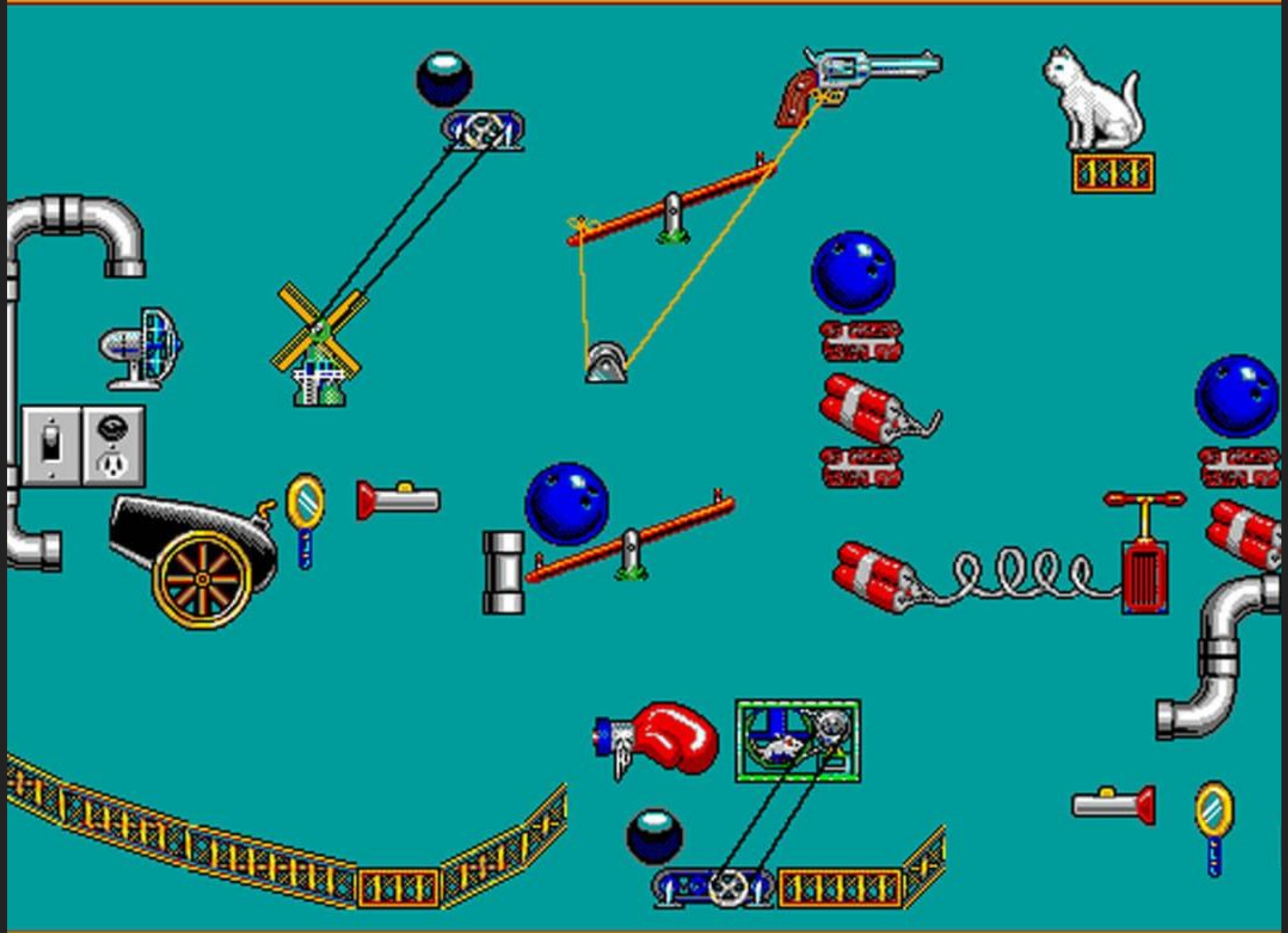
HOW WILL YOU REFRAME SOMETHING THAT YOU'RE CURRENTLY BEING CHALLENGED BY?

WHAT / WHOM ARE YOU GOING TO FORGIVE?

Capture Your Brilliance - Dream, Expand, Record, Reflect:

THE CREATIVITY HEIST

- Get enough peaceful sleep.
- Find time to daydream.
- Reach out to other people.
- Get some sunshine.
- Design a safe place to create.
- Gather things that make you happy.
- Combine all of these into habits.



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5. Plan your escape.
6.

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3. Go beyond yourself.
4. Find low-pressure creative outlets.
5. Plan your escape.
6. Endure.

THE CANCER WARRIORS

SIX STEPS TO CREATIVE RECOVERY

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4. Find low-pressure creative outlets.
5. Plan your escape.
6. Endure.

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3. Go beyond yourself.
4. Find low-pressure creative outlets.
5. Plan your escape.
6. Endure… and grow.

Bristol-Myers Squibb

Press Release

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Clinical Trial Data for Combination of Epacadostat and Opdivo® (nivolumab) Demonstrate Durable Clinical Responses in Patients with Melanoma and Head and Neck Cancer

These data supported advancing the clinical development program for epacadostat and Opdivo in these types of cancer

Combination of IDO1 enzyme inhibition plus Opdivo was generally well-tolerated in patients with select advanced solid tumors

MONDAY, JUNE 5, 2017 7:30 AM EDT

th epacadostat (100 mg or 300 mg) plus nivolumab (n=31), the combined ORR was 23 percent (7/31), including 1 C

SIX STEPS TO CREATIVE RECOVERY

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6. Endure… and grow.

RESOURCE INFO AT:

HTTP://LARALYNMCWILLIAMS.COM/RESOURCE-LIST-FROM-YOURE-NOT-BROKEN/

QUESTIONS? WANT TO TALK?

@LARALYN