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A4.005: Using Creativity to Navigate Emotional Challenges

Core Concept (From Susie's Story)	Keywords	Related Network Resource	Linked Action
<p>A4.005: Using Creativity to Navigate Emotional Challenges</p>	<p>1. Navigating emotional challenges 2. Creative coping strategies 3. Emotional expression through art 4. Building emotional intelligence 5. Resilience through creative problem-solving</p>	<p>1. "Using Creativity to Navigate Emotional Challenges" – A guide from <i>PositivePsychology.com</i> on using creative activities to manage emotional difficulties. 2. Coping with Emotional Challenges through Creative Expression – Insights from <i>PsychCentral</i> on how art and creativity can help individuals and families navigate emotional stress. 3. Building Emotional Intelligence through Creativity – Resources from <i>UNICEF</i> on fostering emotional resilience and intelligence in children through creative activities. 4. Tippecanoe Emotional Coping Programs – Local programs aimed at helping families cope with emotional challenges through creativity, hosted by Tippecanoe Family Services. 5. Tippecanoe Art for Emotional Healing Workshops – Workshops designed to help families use art as a tool for</p>	<p>Key keywords: Emotional challenges, Creative coping strategies, Emotional expression, Emotional intelligence, Resilience through creativity. These resources help families use creativity to navigate emotional difficulties and build emotional intelligence through art and creative expression.</p> <p>1. Explore Creative Coping Strategies: Access resources at PositivePsychology.com. 2. Learn Emotional Expression Through Art: Discover art therapy tips at PsychCentral. 3. Build Emotional Intelligence through Creativity: Explore UNICEF's guide at UNICEF. 4. Join Emotional Coping Programs: Participate in local programs at Tippecanoe Family Services. 5. Attend Art for Emotional Healing Workshops: Join local healing workshops at Tippecanoe County Libraries.</p>

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		navigating emotional challenges, hosted by Tippecanoe County Libraries.	