

# Quality of Life TIPS & TRICKS

## A Refresher Course

Did you know that hot showers actually spur creativity? The warm water aids in the release of dopamine, which leads to more creative thought.

As it turns out, a study of free-style rappers shows that the area of the brain responsible for executive functions actually slows down during improvisation, while other areas of the prefrontal cortex responsible for our creativity become more active. This helps to explain why it's important to take breaks when we're struggling with a complex issue.

Stepping away and allowing yourself to become "distracted" and more relaxed allows our minds a necessary incubation period. The subconscious mind has been working extremely hard to solve the problems we face and once we let our mind wander, it can surface and plant those ideas into our conscious mind.



This Wellness Tip was brought to you by the Quality of Life Subcommittee of the Primerus™ Quality Assurance Board and Featured Contributor Nicole Quintana. We also welcome your tips, which can be submitted to Paige Neirman at [pneirman@primerus.com](mailto:pneirman@primerus.com) for publication consideration.