

Creativity

DNA Health Report

REPORT CATEGORY —



COGNITION

Sample Client

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Creativity is the ability to **approach situations with novel ideas**. People often count on their creativity to make works of art or to solve difficult problems [R, R, R].

In line with this, highly creative people are common among [R, R, R]:

- Visual artists
- Authors
- Musicians
- Scientists

To study creativity, researchers often ask people to **think “outside the box.”** For example, they may give them an everyday object (like a cardboard box) and ask them to list some uncommon uses for it [R, R].

Researchers have found that many parts of the brain work together to support creativity. The **connections between these brain regions seem to be stronger in people who are more creative** [R, R, R].

It is no surprise that creativity is the driving force behind innovative art, culture, and technology. Interestingly, creative activity may also offer some health benefits. These include [R, R]:

- Boosting mood
- Supporting cognitive function
- Increasing the quality of life

Genetics of Creativity

PERSONALIZED TO GENES

Based on the genetic variants we looked at, you likely have increased creativity. However, other variants, your lifestyle and environment may also influence this trait.

Creativity is the ability to think "outside the box", or approach situations with novel ideas. People often count on their creativity to make works of art or to solve difficult problems [R, R, R].

Some people are more creative than others. This may partly be due to genetics. In fact, about 20% of differences in people’s creativity levels may be attributed to genetics. Genes that are linked to creativity tend to affect brain function [R, R, R, R].

To help boost your creativity, you can try [R]:

- Following a creative passion that resonates with you (e.g. painting, learning a musical instrument)
- Setting aside some alone time for self-reflection
- Daydreaming
- Being more open to new experiences (e.g., trying a new art form)
- Doing things in an unconventional way



HIGHER

Predisposed to higher creativity based on 7,294,282 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
SAFB2	rs12610010	AA
OXGR1	rs9584408	AA
PGS1	rs4969170	GA
CDH9	rs183649533	GG
DCTD	rs62336284	AA
WDR6	rs73082337	CC
PRR20E	rs9537647	GG
UBA7	rs73079014	CC
IP6K2	rs73078357	TT
HYAL3	rs71326918	CC
APEH	rs34427167	CC
RBM6	rs7613875	AA
HYAL3	rs9858059	CC
PDCL3	rs56242838	GG
/	rs75269928	AG
/	rs1906252	CA
PCDH7	rs35800293	AG
MEF2C	rs448809	TG
EXOC4	rs6976440	GA
SYNGR1	rs6519190	GA
AFF3	rs11691869	CA
/	rs1933720	TC
RYBP	rs7349566	CT
ELAVL2	rs11793831	TG
MAIP1	rs17629496	AA
SLC16A9	rs4424624	TT
NRG1	rs73234132	AA
AKAP7	rs7756781	GT
DPYD	rs17379561	AA
ERBB4	rs7601502	GG
DCC	rs62097976	GG
TLE4	rs4877513	GG

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

		DOSAGE			DOSAGE
1	Aerobic Exercise (Cardio)	1 hour	2	Exercise At Least One Hour a Day	1 hour
3	Nerve Stimulation	30 minutes	4	Cognitive Training	15 minutes
5	Relaxation Techniques	30 minutes	6	Stair Climbing	10 minutes
7	Walking	30 minutes	8	Cycling	
9	Biofeedback		10	Sleep for 7+ Hours	
11	Dance	30 minutes	12	Running	
13	Binaural Beats	30 minutes	14	L-Tyrosine	500 mg
15	Music Therapy	30 minutes	16	Tea	
17	Hatha Yoga	1 hour	18	Transcranial Random Noise Stimulation (tRNS)	20 minutes
19	Mindfulness Meditation	30 minutes	20	Spend Time in Nature	2 hours
21	Art Therapy	1 hour	22	Chromium	200 mcg
23	Listen to Music	30 minutes	24	Yoga	30 minutes
25	Meditation	30 minutes	26	Mindfulness	30 minutes
27	Transcranial Direct Current Stimulation (tDCS)	30 minutes			

1



Aerobic Exercise (Cardio)

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

People who exercise regularly may be more creative. Similarly, exercise interventions may improve creativity. Aerobic exercise such as cycling, running, or dancing may help [\[R, R\]](#).

Exercise may help by [\[R, R\]](#):

- Improving [blood flow in the brain](#)
- Reducing [inflammation](#)
- Improving mood
- Improving brain cell communication

2



Exercise At Least One Hour a Day

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

People who exercise regularly may be more creative. Similarly, exercise interventions may improve creativity. Exercise types proven to benefit creativity include [\[R, R\]](#):

- Aerobic exercises
- Cycling
- Running
- Dancing
- Walking
- Stair climbing

Exercise may help by [\[R, R\]](#):

- Improving [blood flow in the brain](#)
- Reducing [inflammation](#)
- Improving mood
- Improving brain cell communication

3

Nerve Stimulation

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Nerve stimulation can be implemented by daily sessions of 15-30 minutes using a device specifically designed for this purpose. These devices often use electrical currents to stimulate nerves through the skin, which can be adjusted in intensity according to comfort. It's important to consult a healthcare provider for guidance on the specific type of nerve stimulation that may be most beneficial for your condition.

TYPICAL STARTING DOSE

30 minutes

Description

Nerve stimulation techniques involve the use of electrical impulses, like transcutaneous electrical nerve stimulation (TENS) or other methods to activate nerves, potentially providing relief from chronic pain, improving muscle function, and aiding in physical therapy.

Health professionals can stimulate your nerves using different strategies [\[R\]](#).

Many strategies use magnetic fields or electric currents. Examples include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- [Transcutaneous electrical nerve stimulation](#) (TENS)
- Transcranial direct current stimulation (tDCS)
- Transcranial magnetic stimulation (TMS)
- Transcutaneous auricular vagus nerve stimulation (taVNS)

Nerve stimulation may improve [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Cognition
- Mood
- Pain
- Seizures
- Tinnitus

How it helps

Transcranial direct current stimulation (tDCS) may improve creativity and reduce the negative effects of stress on creativity [\[R\]](#), [\[R\]](#), [\[R\]](#).

Transcutaneous vagus nerve stimulation (tVNS) may improve divergent thinking [\[R\]](#).

Transcranial random noise stimulation (tRNS) may improve several areas of creativity, such as fluency and originality, but not divergent thinking [\[R\]](#).

4



Cognitive Training

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Engage in exercises that challenge your brain for at least 15 minutes per day, five days a week. This can include puzzles, memory games, learning a new language, or playing a musical instrument.

TYPICAL STARTING DOSE

15 minutes

Description

Cognitive training involves structured exercises and activities designed to improve specific cognitive functions, such as memory, attention, and problem-solving skills. It can be beneficial for individuals looking to enhance cognitive abilities or address cognitive challenges associated with conditions like Alzheimer's disease or attention deficit hyperactivity disorder (ADHD).

Cognitive training programs guide you through challenging tasks. They aim to support some cognitive functions, including [\[R\]](#):

- Memory
- Attention
- Problem-solving skills

Some scientists like to think of the brain as a muscle. They say people should “use it or lose it.” In line with this, cognitive training can be considered “brain exercise.” It is often provided through computer programs [\[R\]](#), [\[R\]](#).

How it helps

Cognitive training programs may improve areas of creativity such as divergent thinking, inductive reasoning, and ideation flexibility [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)

Cognitive training may also improve creativity in people with schizophrenia [\[R\]](#).

Cognitive training for creativity may help by increasing the activity and changing the structure of brain areas involved in this area of cognition [\[R\]](#), [\[R\]](#).

5



Relaxation Techniques

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

[Stress](#) can help you deal with a challenge or avoid danger. However, **it’s not healthy to be stressed for a long time** [\[R, R\]](#).

Relaxation techniques such as [yoga](#) and [meditation](#) can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [\[R\]](#).

People use relaxation techniques to improve conditions like [\[R, R, R\]](#):

- Anxiety
- Depression
- Chronic pain

Progressive muscle relaxation is another relaxation technique. In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [\[R, R\]](#).

Autogenic training is a relaxation technique that a person may carry out on their own. It uses exercises that take the mind’s attention to bodily sensations such as warmth and heaviness [\[R, R\]](#).

How it helps

High psychological stress is associated with lower creativity. In contrast, perceived social support may improve creativity [\[R, R\]](#).

Relaxation techniques may improve creativity by reducing stress. Helpful techniques include:

- Meditation [\[R, R\]](#)
- Mindfulness [\[R, R\]](#)
- Yoga [\[R\]](#)

6



Stair Climbing

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Incorporate stair climbing into your daily routine by choosing stairs over elevators or escalators whenever possible. Aim for at least 10 minutes of continuous stair climbing or multiple shorter sessions that add up to 10 minutes per day. This practice can be continued indefinitely to maintain or improve cardiovascular health and lower body strength.

TYPICAL STARTING DOSE

10 minutes

Description

Stair climbing is a great way to get a full-body workout, improve your cardiovascular health, and burn calories. It can also help to improve your balance and coordination.

How it helps

People who exercise regularly may be more creative. Similarly, exercise interventions may improve creativity. Exercise types proven to benefit creativity include [R](#), [R](#):

- Aerobic exercises
- Cycling
- Running
- Dancing
- Walking
- Stair climbing

Exercise may help by [R](#), [R](#):

- Improving [blood flow in the brain](#)
- Reducing [inflammation](#)
- Improving mood
- Improving brain cell communication

7



Walking

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Incorporate at least 30 minutes of brisk walking into your daily routine, aiming for a minimum of five days a week. This can be done in one continuous session or broken into shorter periods, such as three 10-minute walks throughout the day.

TYPICAL STARTING DOSE

30 minutes

Description

Walking is a low-impact form of exercise that can contribute to cardiovascular fitness, weight management, and improved overall health. It is used to support physical activity goals, enhance mood, and promote better cardiovascular health.

How it helps

People who exercise regularly may be more creative. Similarly, exercise interventions may improve creativity. Exercise types proven to benefit creativity include [R](#), [R](#):

- Aerobic exercises
- Cycling
- Running
- Dancing
- Walking
- Stair climbing

Exercise may help by [R](#), [R](#):

- Improving [blood flow in the brain](#)
- Reducing [inflammation](#)
- Improving mood
- Improving brain cell communication

8



Cycling

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Begin cycling with moderate rides to build up your stamina, targeting 2 to 4 times a week for 30 to 60 minutes per session. Ensure your bicycle is the right size and properly adjusted for your comfort. Safety gear, including helmets, is essential. Mix up your routes for interest and challenge, and consider joining a cycling group for social and motivational benefits. Maintenance of your bicycle will ensure a smooth ride and prolong its life.

Description

Cycling is a low-impact, environmentally friendly exercise that offers significant cardiovascular benefits, muscle strengthening, and flexibility improvement. It's suitable for all fitness levels and can be enjoyed both recreationally and competitively. Cycling promotes weight loss, decreases stress levels, and improves joint mobility. It's also a convenient mode of transportation that encourages outdoor exploration and reduces air pollution.

How it helps

People who exercise regularly may be more creative. Similarly, exercise interventions may improve creativity. Exercise types proven to benefit creativity include [\[R\]](#), [\[R\]](#):

- Aerobic exercises
- Cycling
- Running
- Dancing
- Walking
- Stair climbing

Exercise may help by [\[R\]](#), [\[R\]](#):

- Improving [blood flow in the brain](#)
- Reducing [inflammation](#)
- Improving mood
- Improving brain cell communication

9



Biofeedback

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Attend biofeedback sessions once or twice a week for about 8 to 10 weeks. During these sessions, a therapist will guide you through exercises to control different body functions, such as heart rate or muscle tension, using monitors that provide feedback on your physiological state. Practice the techniques learned during sessions at home daily to improve symptoms and manage your condition.

Description

Biofeedback is a type of therapy that teaches people how to control certain body functions, such as heart rate, blood pressure, and muscle tension. It can be used to treat a variety of conditions, including stress, anxiety, and chronic pain.

Biofeedback is a kind of “**brain training**” in which sensors are attached to your body. They detect information like your heart rate, temperature, and breathing rate. By seeing this information, you may be better able to control these functions [\[R\]](#), [\[R\]](#).

Biofeedback is used to help with [\[R\]](#), [\[R\]](#):

- Gut problems
- Chronic pain
- Migraines
- Insomnia
- Attention

[Neurofeedback](#) is a form of biofeedback that measures brain activity in real time [\[R\]](#).

How it helps

Neurofeedback may improve creativity and imaginative expression. Neurofeedback using virtual reality may be more effective [\[R\]](#), [\[R\]](#).

10



Sleep for 7+ Hours

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Ensure you allocate enough time in your schedule to achieve a minimum of 7 hours of sleep each night. This might involve going to bed earlier or adjusting your evening routine to promote relaxation and make it easier to fall asleep.

Description

Optimizing sleep involves adopting healthy sleep habits and creating a sleep-conducive environment to ensure restorative and sufficient sleep duration. It supports cognitive function, mood stability, and overall physical health. Most experts recommend getting **at least 7 hours of good-quality sleep each night**.

[Sleep](#) supports your body and mind [\[R\]](#) [\[R\]](#). More precisely, sleep helps:

- Support brain health [\[R\]](#) [\[R\]](#)
- Maintain a healthy weight and appetite [\[R\]](#) [\[R\]](#) [\[R\]](#)
- Regulate blood pressure [\[R\]](#) [\[R\]](#)
- Balance blood sugar [\[R\]](#) [\[R\]](#)

Ways to sleep better include [\[R\]](#):

- Reducing your bright light exposure (screen time) in the evenings
- Sticking to a regular sleep schedule
- Avoiding hunger or large meals before bed
- Avoiding nicotine, caffeine, and alcohol before bed
- Maintaining a sleep area that’s cool, dark, and quiet

How it helps

Taking a nap during the day may improve problem-solving ability [\[R\]](#).

The REM phase of sleep may improve creative problem solving by enhancing the integration of unassociated information [\[R\]](#).

11



Dance

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Engage in dance activities for at least 30 minutes, three times per week. You can choose any form of dance you enjoy, such as ballroom, hip hop, or salsa, and you can dance at home, in a studio, or in a group class setting.

TYPICAL STARTING DOSE

30 minutes

Description

Dancing involves moving your body to music. Many people take dance classes to learn various styles of dance and improve their skills. Examples include:

- Ballet
- Zumba
- Belly dancing
- Hip hop
- Salsa

Dancing is a fun, creative, and relaxing activity. It can also provide a range of health benefits, improving your heart health, brain health, fitness, and more.

How it helps

People who exercise regularly may be more creative. Similarly, exercise interventions may improve creativity. Exercise types proven to benefit creativity include [\[R\]](#), [\[R\]](#):

- Aerobic exercises
- Cycling
- Running
- Dancing
- Walking
- Stair climbing

Exercise may help by [\[R\]](#), [\[R\]](#):

- Improving [blood flow in the brain](#)
- Reducing [inflammation](#)
- Improving mood
- Improving brain cell communication

12



Running

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

To implement running into your routine, start with shorter distances and gradually increase as your endurance improves. Aim for 3 to 5 sessions per week, each lasting 20 to 30 minutes. Wear appropriate running shoes to prevent injuries and choose varied routes to keep the activity engaging. Incorporate warm-up exercises before running and cool down with stretches afterward to enhance flexibility and recovery.

Description

Running is a versatile and accessible form of aerobic exercise that improves cardiovascular health, strengthens muscles, and enhances mental well-being. It requires minimal equipment, can be done almost anywhere, and is effective for weight management. Regular running can increase endurance, reduce stress, and boost overall physical fitness, making it a popular choice for maintaining an active lifestyle.

How it helps

People who exercise regularly may be more creative. Similarly, exercise interventions may improve creativity. Exercise types proven to benefit creativity include [R](#), [R](#):

- Aerobic exercises
- Cycling
- Running
- Dancing
- Walking
- Stair climbing

Exercise may help by [R](#), [R](#):

- Improving [blood flow in the brain](#)
- Reducing [inflammation](#)
- Improving mood
- Improving brain cell communication

13



Binaural Beats

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Listen to binaural beats through headphones for 30 minutes to 2 hours daily. Choose frequencies that match your goal, such as relaxation or focus, and ensure a quiet, comfortable environment for the best experience.

TYPICAL STARTING DOSE

30 minutes

Description

Binaural beats are audio recordings that use specific sound frequencies to create a perception of a beating or pulsing sound in the brain. Some people use binaural beats for relaxation, meditation, and potential cognitive benefits.

[Binaural beats](#) are an **auditory illusion** perceived by the brain when two slightly different frequencies of sound are played into each ear (*bi* – two, *aural*- ear). When wearing earphones that are playing slightly different notes in each ear, our brain perceives the volume to pulse (oscillate) at a fixed rate. This is called a ‘beat.’

People use binaural beats to improve cognition, mood, and anxiety [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Binaural beats (regardless of the frequency) may improve divergent but not convergent thinking [\[R\]](#).

Binaural beats may help by improving dopamine levels or activity [\[R\]](#).

14



L-Tyrosine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500-2000 mg of L-Tyrosine supplement daily, preferably 30 minutes before meals or snacks. This can be taken in one dose or divided into two doses throughout the day. Continue this supplementation daily for a duration of at least a few weeks to assess its effects on your body.

TYPICAL STARTING DOSE

500 mg

Description

L-tyrosine is an amino acid used by the body to produce important neurotransmitters and hormones. It may help improve cognitive function, stress response, and overall mood regulation.

[Tyrosine](#) is a **non-essential amino acid**. This means that our bodies can make it from other amino acids like [phenylalanine](#). We can also get tyrosine from **protein-rich foods**, such as [\[R, R\]](#):

- Red meat and poultry
- Dairy, especially cheese
- Legumes (e.g., soybeans and beans)
- Fish
- Nuts
- Eggs

Tyrosine can also be taken as a supplement. People often use it to maintain mental performance during demanding and stressful tasks [\[R, R, R\]](#).

How it helps

A single dose of tyrosine (2 g) may improve convergent but not divergent thinking [\[R\]](#).

Tyrosine helps make [dopamine](#). This neurotransmitter is assumed to drive cognitive control and creativity [\[R\]](#),

Please note: Long-term safety of L-tyrosine supplementation in daily doses above **150 mg/kg** is unclear. That is about **1 g/day** for a 70-kg person.

15

Music Therapy

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Engage in music therapy sessions for at least 30 minutes a day, three times a week. These sessions can involve listening to music, playing an instrument, singing, or writing songs, facilitated by a certified music therapist if possible.

TYPICAL STARTING DOSE

30 minutes

Description

Music therapy is a therapeutic approach that uses music to address physical, emotional, cognitive, and social needs. It can improve mental health, enhance emotional expression, and support overall well-being.

[Music](#) therapy is a form of therapy that involves making, reflecting on, and/or listening to music. It can be applied individually or in groups and may not require the presence of a therapist [\[R\]](#).

Music therapy provides tools for body relaxation and positive imagery. It aims to improve communication, quality of life, and well-being [\[R\]](#), [\[R\]](#).

How it helps

Listening to music may temporarily increase creativity [\[R\]](#).

Music may help by improving mood and arousal [\[R\]](#).

16



Tea

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Drink 1-3 cups of tea daily, choosing from green, black, or herbal varieties according to preference. It's beneficial to consume tea throughout the day, either hot or cold, for ongoing hydration and health benefits.

Description

Tea is a beverage made by steeping the leaves of the *Camellia sinensis* plant in hot water. It comes in various types, including black, green, white, and herbal teas, and is known for its diverse flavors and potential health benefits due to polyphenols and other bioactive compounds.

[Green](#) and black tea are made from the same plant (*Camellia sinensis*). This plant is processed in different ways to make each type of tea [\[R\]](#), [\[R\]](#).

Tea contains many active compounds. These include antioxidants like EGCG and amino acids like [L-theanine](#). Active components of tea help support [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart health
- Cognition
- Immunity
- Relaxation

How it helps

Drinking tea may improve convergent thinking [\[R\]](#).

Tea may help by changing activity in brain regions associated with attention and alertness [\[R\]](#), [\[R\]](#), [\[R\]](#).

17



Hatha Yoga

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice Hatha Yoga for 60 minutes at least twice a week. Choose a quiet, comfortable space and consider guided sessions for beginners or those unfamiliar with the poses. Consistency over a period of months to years is beneficial for appreciating its full effects.

TYPICAL STARTING DOSE

1 hour

Description

Hatha yoga is a gentle and accessible form of yoga that combines physical postures, breathing exercises, and meditation. Practicing hatha yoga regularly can promote flexibility, stress reduction, and overall physical and mental well-being.

How it helps

Practicing Hatha Yoga can enhance creativity by boosting brain function and reducing stress and anxiety. The mindfulness and relaxation achieved through yoga can free your mind and enable a free flow of ideas.

This study uses 92 MBA student participants to investigate the impact of a 20-minute Hatha yoga session intervention against a short 20-minute case study session for the control group.

The results show that while **Hatha yoga significantly improves divergent thinking**, the control group shows deterioration in divergent thinking. There is no effect on convergent thinking [\[R\]](#).

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Transcranial Random Noise Stimulation (tRNS)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

To implement transcranial random noise stimulation (tRNS), use a specialized tRNS device. Place the electrodes on your scalp as directed by the device's instructions, typically over the area of the brain you wish to target. Perform the stimulation for about 20-30 minutes per session, for a recommended frequency of 5 days a week over a period of at least 4 to 6 weeks.

TYPICAL STARTING DOSE

20 minutes

Description

tRNS is a type of non-invasive brain stimulation technique used in neuroscience research to modulate brain activity. It doesn't target specific health conditions but is rather a tool for scientific investigation and cognitive enhancement, primarily affecting neural activity patterns in the brain.

How it helps

Transcranial Random Noise Stimulation (tRNS) can enhance creativity by stimulating brain regions involved in innovative thinking and problem-solving. It applies a low current to the brain, potentially improving the cognitive flexibility needed for creative tasks.

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Mindfulness Meditation

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice mindfulness meditation for 10-20 minutes daily. Find a quiet, comfortable place to sit or lie down, then focus on your breath, observing thoughts and sensations without judgment. Consistency is key, so try to incorporate it into your daily routine, perhaps in the morning or before bed.

TYPICAL STARTING DOSE
30 minutes

Description

Mindfulness meditation involves focused attention on the breath or a specific point of focus to cultivate mindfulness and reduce stress. Regular meditation practice is associated with improved mental clarity, emotional regulation, and overall well-being.

How it helps

Mindfulness encourages present-moment awareness, which can reduce cognitive rigidity, an obstacle to creativity. It helps by improving focus and allowing for more open and novel idea generation.

20



Spend Time in Nature

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Aim to spend at least 120 minutes per week in natural environments, such as parks, forests, or beaches. This can be divided into short durations throughout the week, for example, 17 minutes per day or longer sessions on weekends.

TYPICAL STARTING DOSE

2 hours

Description

Spending time in nature, also known as ecotherapy or forest bathing, is a wellness practice that involves immersing oneself in natural environments. It offers mental and physical health benefits, including reduced stress, improved mood and eye health, healthier weight, and blood sugar control.

Spending over 2 hours in nature every week is linked to better health and well-being [\[R\]](#).

Spending more time in nature or in urban green areas may help support [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Healthy weight
- Blood sugar control
- Heart health
- Mental health
- Eye health

To get in touch with nature, you can [\[R\]](#), [\[R\]](#):

- Go on a walk
- Go biking or camping
- Garden
- Visit a park

How it helps

Spending time in natural settings can restore mental energy, reduce stress, and lead to enhanced creativity by allowing the mind to wander and make new, novel connections.

21



Art Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in art therapy sessions, which can include activities such as painting, sculpting, or drawing, for 1-2 hours per week. These sessions can be done either in group settings guided by a trained art therapist or individually, depending on your comfort level and goals. It is beneficial to engage in this practice consistently for several months to observe the therapeutic benefits.

TYPICAL STARTING DOSE

1 hour

Description

Art therapy is a type of therapy that encourages free self-expression and reflection through [\[R\]](#):

- Painting
- Drawing
- Clay modeling

It may be combined with mindfulness. Mindfulness is the practice of being aware of the present moment without any judgment [\[R\]](#).

Art therapy is used to improve [\[R\]](#):

- Self-esteem
- Self-awareness
- Emotional resilience
- Social skills

How it helps

Using visual art as a medium to express oneself can open up new avenues for creative thought. It encourages exploration of emotions and ideas, often leading to unexpected insights and fostering a creative mindset.

22



Chromium

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 200 mcg chromium supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

200 mcg

Description

Chromium is a trace mineral that plays a role in insulin sensitivity and glucose metabolism. Adequate chromium intake through diet or supplements may help support blood sugar control and overall metabolic health.

[Chromium](#) (Cr) is a trace element. It helps regulate carb, fat, and protein breakdown [\[R\]](#).

Women need 20-25 micrograms (mcg) of chromium per day, while men need 30-35 mcg [\[R\]](#).

It’s easy to get chromium from your diet. Good sources include [\[R\]](#):

- Grape and orange juice
- Ham
- Beef
- Lettuce

You can also get chromium from supplements [\[R\]](#).

How it helps

There is no direct evidence to suggest that taking chromium supplements can specifically enhance creativity. The brain relies on glucose as its main energy source, and stable glucose levels can help maintain cognitive functions, but the leap to specific enhancements in creativity is not one that has been scientifically made.

Joe (SelfDecode founder) has experienced an increase in creativity from Chromium, but since there is no scientific evidence, it gets an evidence value of 0.

Indirect Factors:

- Mood and Cognitive Function: Some studies suggest that chromium supplementation might help improve mood or decrease depressive symptoms in certain populations, potentially by influencing neurotransmitter levels related to mood regulation. Better overall mood and reduced anxiety might indirectly create a more conducive mental environment for creative thinking.
- Energy Levels: By contributing to stable blood sugar levels, chromium might help maintain higher energy levels, which can indirectly affect cognitive functions and possibly creativity.”

23



Listen to Music

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Select music that aligns with your preference and listen for at least 30 minutes per day. This can be done while engaging in other activities or as a standalone activity to relax or energize yourself, depending on the genre chosen.

TYPICAL STARTING DOSE
30 minutes

Description

Listening to music can have a positive impact on mental and emotional well-being, reducing stress, improving mood, and even enhancing cognitive performance. Music therapy is used in various healthcare settings to support mental health and overall quality of life.

How it helps

Listening to music can stimulate parts of the brain associated with creativity, enhance mood, and may lead to increases in divergent thinking, a key aspect of the creative process.

24



Yoga

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE
30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R, R, R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Yoga stimulates the relaxation response and reduces stress, fostering an environment that promotes creative thinking. It improves focus and mind-body connection, thus enhancing overall creativity.

25



Meditation

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Set aside 10-20 minutes each day in a quiet space without distractions to practice meditation. Focus on your breath or perform guided meditation using an app or audio track.

TYPICAL STARTING DOSE

30 minutes

Description

Meditation is a mindfulness practice that can reduce stress, improve mental clarity, and promote relaxation. Regular meditation is associated with numerous mental and emotional health benefits, including reduced anxiety and enhanced emotional well-being.

Meditation is a relaxation technique that trains your mind to focus and redirect your thoughts. Some of the main types of meditation are [\[R\]](#):

- Mindfulness
- Focused
- Transcendental
- Mantra
- Moving

People use meditation to improve [\[R\]](#), [\[R\]](#):

- Stress and anxiety
- Mood
- Sleep disturbances
- Pain

How it helps

Meditation allows the mind to let go of ongoing thoughts and encourages a state of calmness, which can boost creativity. It unlocks the mind, promoting free thinking and originality often necessary for creative endeavors.

26



Mindfulness

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Set aside 5-10 minutes each day to practice mindfulness meditation. Find a quiet place, assume a comfortable seated position, close your eyes, focus on your breathing, and observe your thoughts and sensations without judgment.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness involves paying focused and non-judgmental attention to the present moment. It can reduce stress, improve emotional regulation, and enhance overall mental clarity and well-being.

Mindfulness is the practice of being aware of the present moment. When practicing mindfulness, a person acknowledges their thoughts, feelings, and sensations without any judgment [\[R\]](#).

Mindfulness and other types of [meditation](#) may improve [\[R\]](#):

- Weight and anxiety
- Low mood
- Sleep disturbances
- Pain
- High blood pressure

How it helps

Mindfulness can heighten creativity by enhancing your ability to focus and reducing stress, which might otherwise block creative thought. It encourages novel thinking, as it helps you to stay in the present, observe your surroundings and emotions objectively, triggering new insights and ideas.

27



Transcranial Direct Current Stimulation (tDCS)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Use a tDCS device for 20 to 30 minutes per session, targeting specific brain areas depending on the desired outcome. Sessions can be daily or a few times a week, under the guidance of a medical professional or trained specialist to ensure safety and effectiveness.

TYPICAL STARTING DOSE

30 minutes

Description

Transcranial Direct Current Stimulation (tDCS) is a non-invasive brain stimulation technique that uses a low electrical current to modulate neural activity. It has been investigated for its potential in cognitive enhancement, mood regulation, and pain management.

How it helps

Transcranial Direct Current Stimulation (tDCS) can potentially boost creativity by modulating the electrical currents in the brain, thus altering brain function and promoting cognitive flexibility. However, individual responses may vary and the safety and efficacy of such methods should be overseen by a healthcare professional.