

resources

In this document, you will find materials designed to support stress management and creative development.

LABA
VALENCIA

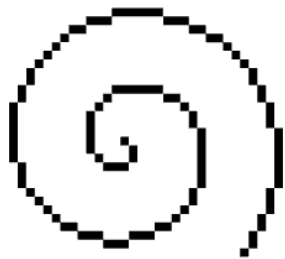
SCHOOL OF ART
DESIGN
& NEW MEDIA



Care for Creativity
arts and culture

Links to resources for stress management:

Practical materials and guides offering strategies to cope with stress, improve concentration, and foster creativity in learning and creative work environments.



The Creative Independent



Design
Better

Adobe Blog

 creative stress|

THE BEHANCE BLOG

Updates, inspiration, and more from
the Behance community

Design brief
template



A  GA Eye on Design

Recommended readings on emotional management and creativity:

A selection of texts and articles that explore the relationship between emotions, inspiration, and creative processes, offering tools to cultivate a more mindful and balanced artistic practice.

