7 Rules of Refreshing Your Creativity
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1. **Assure yourself that you're not really out of ideas**
   - Firstly get calm. Your brain invents ideas as long as you feed it with new information. You can't stop this process. So don't worry. Know that this break is temporary.
2. **Reduce the stress**
   - The main enemy of your creativity is stress and anxiety. Do not block yourself with the thoughts that you can't create anything; it makes your stress stronger. Relax.
3. **Go for a walk**
   - Let your brain rest. Don't think about your task permanently. Go for a walk. Look at the clouds. Listen to the birds. And your brain will be refreshed with new information.
4. **Feed your brain**
   - Your brain needs "food". Watch good movies, listen to great music, read the awesome books. Do something extraordinary and unexpected.
5. **Gather information about your topic**
   - Know everything about the idea you try to invent. Looking for all facts you can find. Read the articles. Talk with specialists. Think like potential client of your idea. Plunge into your topic.
6. **Enlarge the field of your searching**
   - When you think that all has already invented in your topic, look outside. Look in the other domain. You can borrow some good ideas and bring it to your domain.
7. **Be ready for the inspiration**
   - The great idea can born in any time and any place. So be ready. Always keep some notebook and pen to write your thoughts.