

## MOTIVATION

# All the Reasons Why You Should Improv

Now, more than ever, it's time to keep creative in any aspect of life and enjoy yourself and others.

Improv is not just a form of entertainment, but it's a skill that can be learned and practiced to improve our overall well-being. It's a fun and enjoyable way to express ourselves, connect with others, develop our creativity and spontaneity, build our confidence and self-esteem, improve our communication skills, and feel a sense of community and belonging. So, whether you're an actor, comedian, or just someone looking for a fun and engaging way to spend your time, Improv is definitely worth checking out.

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# Improv means

CREATIVITY

Improv, short for improvisation, is the art of creating something on the spot without any prior planning or preparation. It's a form of theatre that's all about being in the moment, making quick decisions, and going with the flow. And it's not just for actors and comedians - anyone can benefit from learning and practicing improvisation.

Now, more than ever, it's important to keep our minds and spirits active and engaged. With the ongoing pandemic, many of us have been spending more time at home and have been dealing with increased stress and isolation. Improv can help us in a number of ways to combat these negative effects.



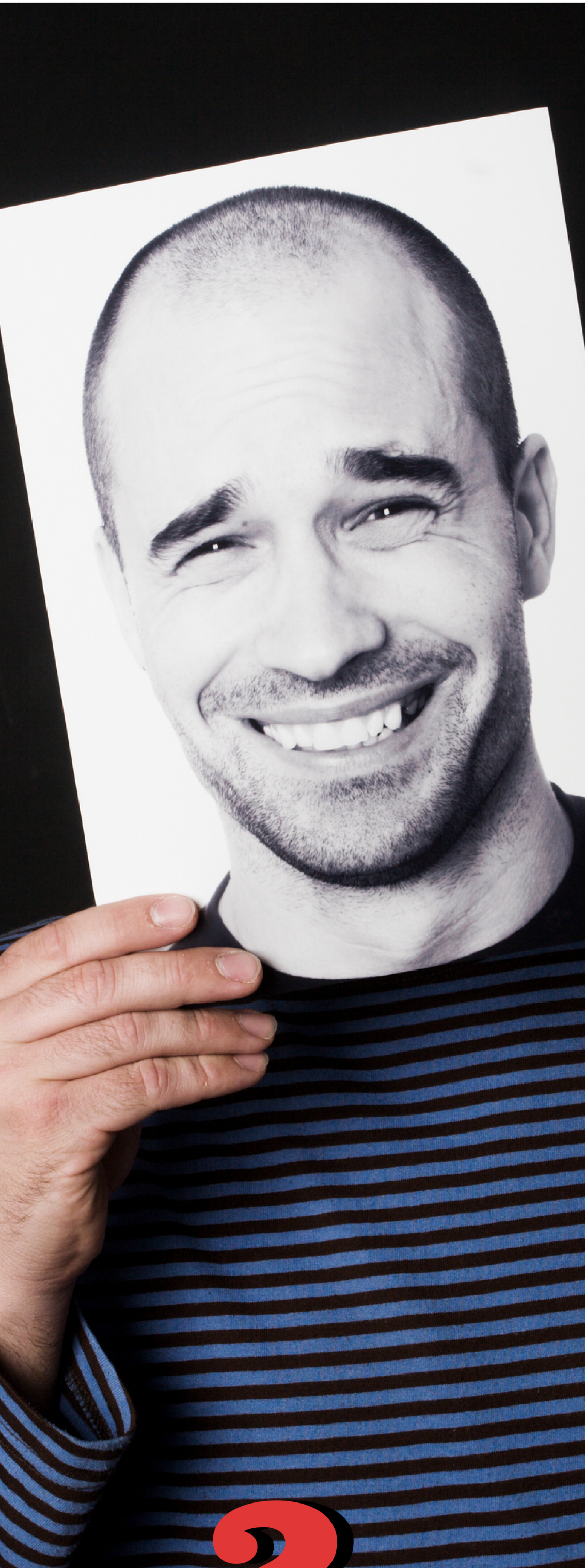


# Improv feels

## PLAYFUL

First and foremost, improv is a fun and enjoyable way to express ourselves and connect with others. It's a form of play, and play is essential for our physical and mental well-being. When we're participating in an improv scene, we're completely absorbed in the moment and not thinking about anything else. This can be a great way to take a break from the stresses of everyday life and to de-stress.

Improv also helps to develop our creativity and spontaneity. When we're in an improv scene, we're constantly coming up with new ideas and building on the ideas of others. This can help to develop our problem-solving skills and to think outside the box.





# Improv builds

## COMMUNITY



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In addition, improv helps to build our confidence and self-esteem. When we're in an improv scene, we're taking risks and putting ourselves out there. This can be scary, but it can also be very empowering. By facing our fears and taking risks in a safe and supportive environment, we can learn to trust ourselves and our abilities.

Improv also helps to improve our communication skills. In an improv scene, we're constantly listening and responding to others. This helps to develop our ability to hear and understand what others are saying and to respond in an appropriate and effective way.

Lastly, improv is an inclusive and non-judgmental form of expression. In an improv scene, everyone is encouraged to participate and to be themselves. There are no right or wrong answers, and everyone is free to express themselves in their own unique way. This can be a great way to build a sense of community and belonging.

Camila Santo is an Improv Coach. Check in on her San Method Workshop and get Certified in Improv Performance at [camilasanto.com/coaching](https://camilasanto.com/coaching)

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