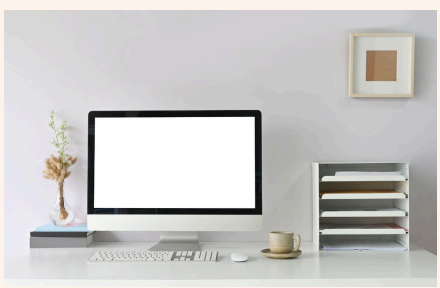
How Environment Affects Creativity

The environment around us has a much bigger role in our creativity than some realize, Here are 6 ways different surroundings can influence our focus, creativity, and the ability to come up with ideas!

01. Organization

In my personal observations, I noticed that having a clean and organized room helped me feel less distracted and made it easier to think of new ideas. Lee and Lee (2023) also found that physical environment features, including layout and privacy, can play a role in creativity



https://officedynamics.com/how-to-organize-your-desk/



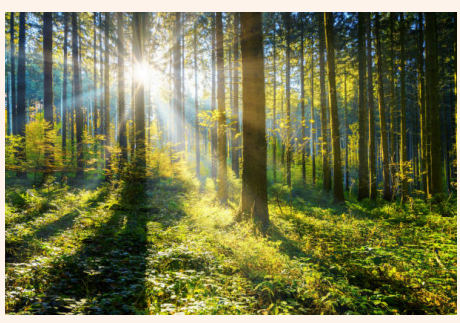
https://library.fresnostate.edu/spaces/quiet-study

02. Noise

I noticed that quiet environments helped me focus and organize my thoughts, while loud conversations made it harder to concentrate. Blomberg and Kallio (2022) discuss how physical surroundings and the way people interact with a space can influence creative thinking.

03. Nature

In my observations, being outside in the sunshine or spending time in nature often helped me feel inspired and come up with new ideas. Rhee et al. (2025) found that nature and window views are among the environmental factors that can influence creativity.



https://www.istockphoto.com/photos/nature-light



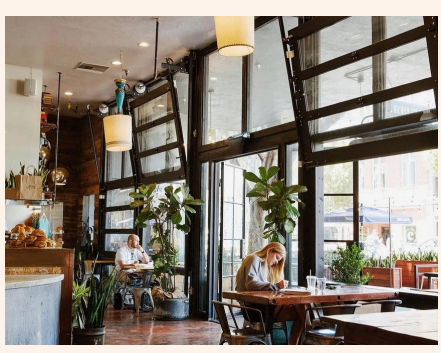
https://www.hello-hayley.com/cozy-bedroom-ideas/

04. Comfort

I found that being comfortable in my bedroom or having my own personal space made it easier to relax and brainstorm. Lee and Lee (2023) discuss how privacy and different physical environment features can support creativity.

05. Familiarity

I noticed that familiar places helped make me easier to focus, whereas unfamiliar places were better for creative thinking and generating ideas. Blomberg and Kallio (2022) explain how the physical context around us can influence the creative process.



https://downtownslo.com/post/study-spots-downtown



https://seventhstar.co.za/articles/what-your-desk-setup-says-about-your-study-style/

06. Visual Stimulation

During my observations, I found that things like decorations, colors, and fun displays could give me new ideas, but if there's too much it can become distracting. McCoy and Evans (2002) studied how physical surroundings, including visual details and nature, may help create environments that support creativity.

Refrences

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PICTURE SITES LISTED UNDER EACH
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