

Tips to feel inspired - Intellectual Wellness

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Are you jealous of someone who always has a bunch of new ideas? Feeling stuck or uninspired happens to everyone. Sometimes, all it takes is a little push in the right direction to ignite creativity and spark fresh ideas. Here are some simple ways to tap into inspiration and enhance your **intellectual wellness**.

1. Create an Inspiration Board

Ever seen those detective movies where the protagonist pins up clues, newspaper clippings, and mysterious photographs on a board? Eventually, all the scattered information clicks together, helping them **catch** the suspect—or helping you **catch** your next big idea.



Grab a board—physical or digital—and start pinning anything that **sparks your interest**: quotes, random ideas, images, sketches, or even single words. If you prefer group work, brainstorming allows everyone to contribute their ideas to a shared board, inspiring new connections. Over time, patterns may emerge, guiding you toward your next breakthrough.

2. Go for a Walk

Solvitur ambulando. Attributed to either Diogenes or St. Augustine, this simple Latin phrase means, "It is solved by walking."

We must remember how we got the law of universal gravitation—it's because Isaac Newton took thousands of strolls, patiently waiting for that **magical apple** to hit him! Okay, that's just a joke, but the truth is that walking can spark real, unexpected ideas.

Think of all the great minds throughout history who found clarity while walking—**Steve Jobs** was known for his “**walking meetings**,” and philosophers like **Aristotle and Nietzsche** often walked while deep in thought. The combination of physical movement and a change of scenery can work wonders for inspiration.



Try taking a walk down an unfamiliar street. Notice a newly opened shop, observe the details of a new landscape, and **let the fresh sights and sounds stir your imagination**. A simple change of surroundings can open the door to fresh ideas.

3. Sleep on It

Ever gone to bed struggling with a problem, only to wake up with the solution? Science backs this phenomenon, sleep plays a crucial role in cognitive function and problem-solving.

Rapid eye movement (REM) sleep is particularly effective in sparking inspiration. The cycle of alternating between REM and non-REM sleep helps the brain reorganize neural networks, fostering creativity and problem-solving abilities.

Personally, I've relied on this trick many times while preparing for midterms or engaging in creativity-demanding activities. I'd go to bed thinking about a difficult problem, and by morning, **a fresh perspective would often emerge**. While we sleep, the brain continues processing information, connecting dots we might have missed during the day.

4. Interact with People and Join Activities

“When three people walk together, one of them can be my teacher.” – Confucius, a renowned Eastern philosopher.

Humans are social creatures, and conversations can be a powerful source of inspiration. Exposing yourself to new perspectives—whether by engaging in discussions, attending cultural events, or participating in lectures—**can challenge your thinking and expand your ideas**.

Take Larry Page and Sergey Brin, for instance. The two met at a freshman orientation event at Stanford University in 1995. Their discussion about information retrieval sparked an idea **that eventually became Google**. If you use Google every day, remember—it all started from a normal, ordinary, unremarkable meeting.

The right conversation at the right time can lead to **groundbreaking ideas**—you never know where a simple discussion might take you.

5. Let Your Mind Wander

In our hyper-focused world, we often underestimate the power of simply letting our minds drift. Daydreaming, meditating, or practicing mindfulness can open the door to unexpected ideas.

We all need an environment to cleanse our spirits. Bathing in the **smoke of a smudge**—sage, tobacco, cedar, and sweetgrass—might be a good way to take a breather from the pressures of academics and daily life while finding inspiration. You might discover that kind of ancient wisdom in [Odeyto](#).



Similarly, **meditation and sensory experiences**—like lighting incense or listening to calming sounds—can clear mental clutter and allow inspiration to flow freely. Give your mind space to wander, and see where it takes you.

Final Thoughts

Inspiration isn't something you can force—**it often arrives when you least expect it**. By creating space for new ideas—whether through movement, rest, interaction, or mindful wandering—you can cultivate an environment where **inspiration thrives**, just like in [P2P Lounge](#). So next time you're feeling stuck, try one of these methods and see what **sparks your creativity!**

References

The content was adapted from the following resources:

☒ [How to get inspired: 15 ideas to help you reach your potential](#)

☒ [How to feel more inspired](#)

☒ [Brainstorming? Go for a Walk, like Aristotle and Steve Jobs](#)

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