

Self Care

through

art-making



- Art Therapist -

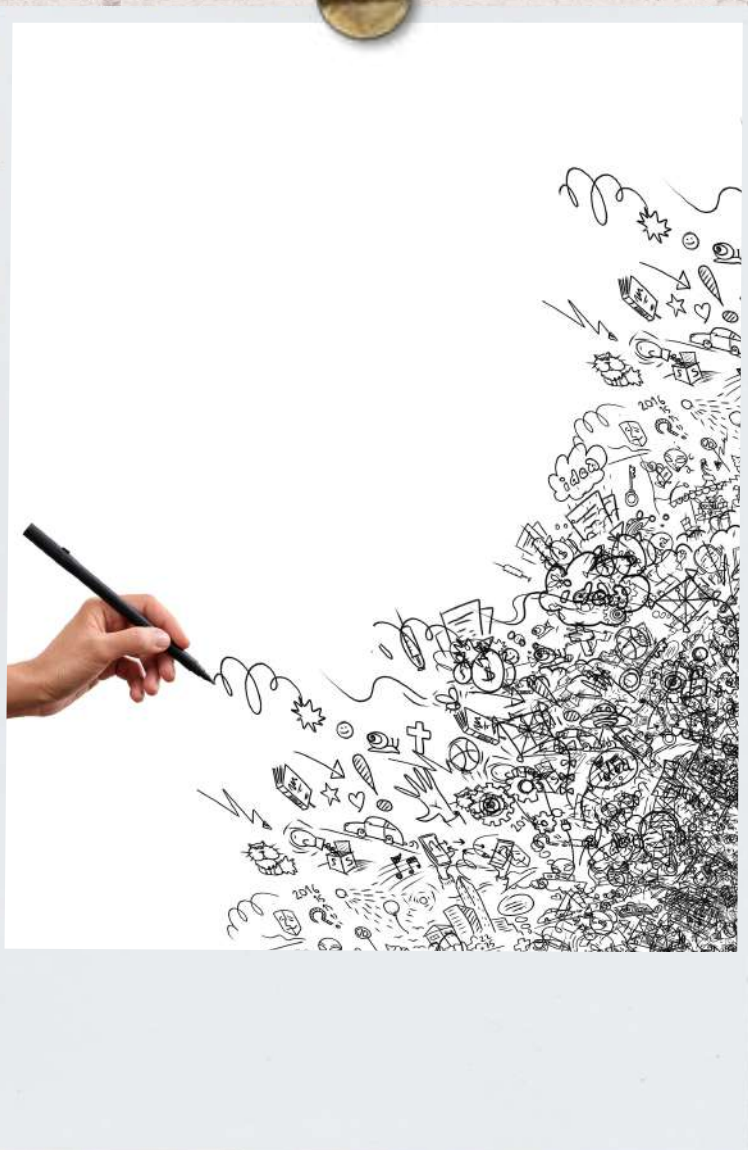


45 minutes of  
art - making can  
reduce your  
stress  
hormones.





*You don't have  
to be good at art  
to do it.*



Simple art - making  
activities such as  
doodling can  
activate the reward  
centre of our brain.



Use visual journaling to express and process difficult emotions and increase self awareness.



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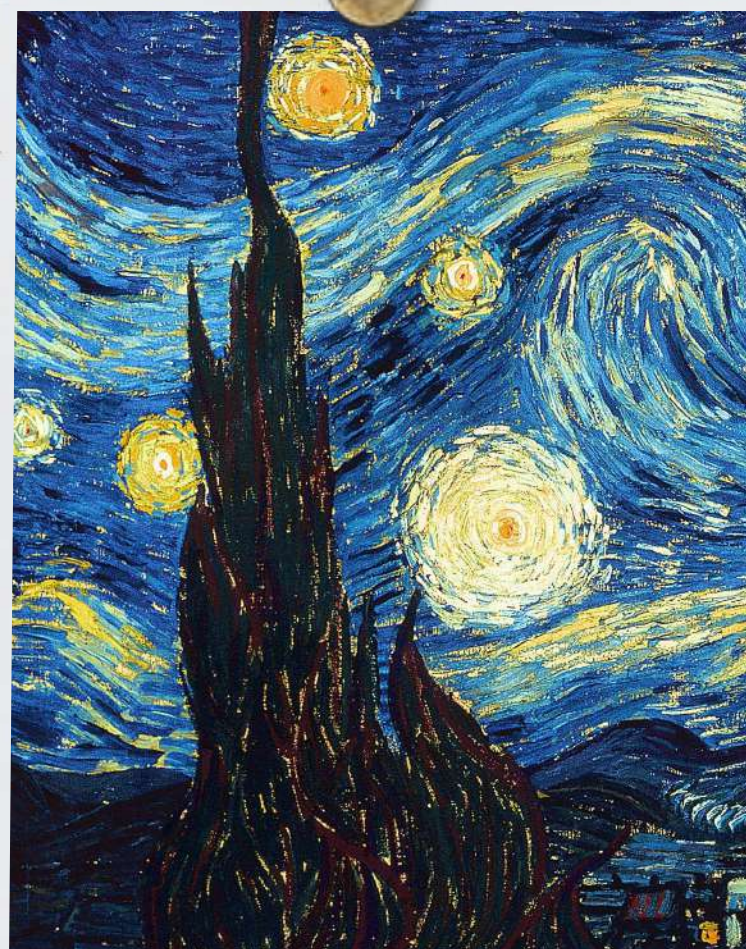




Be involved in group art activities like art-jamming or open art studio with friends or co-workers; these are fun ways of connecting and can help reduce loneliness and sense of isolation.



Mindfully place a pleasant artwork / image near you to allow yourself to have a brief visual holiday (e.g. screensaver).







Looking at art can increase critical thinking skills, empathy and enjoyment. Challenge yourself to look at different artworks daily to change how you think and feel.



