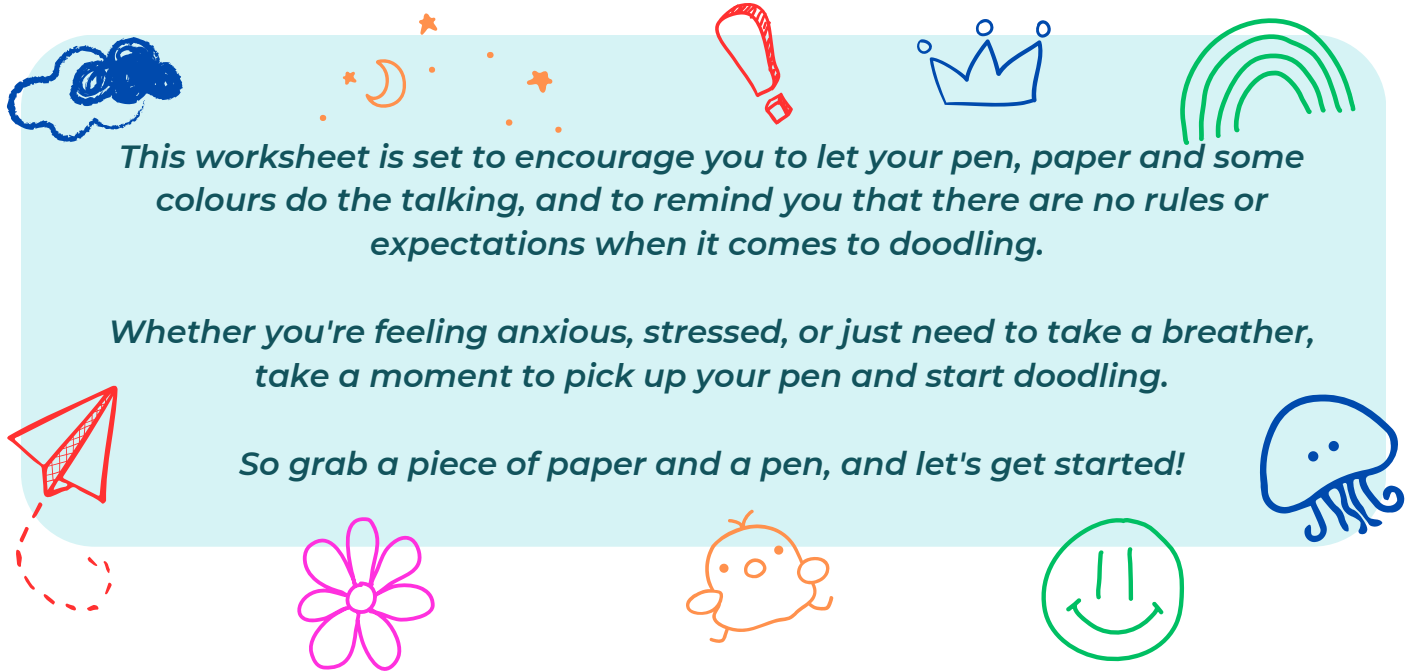


DOODLE YOUR THOUGHTS

Sometimes, putting our feelings into words can be tough, and that's where doodling comes in. It's a fun and creative way to let your thoughts flow and give your mind a break.



Step 1:

- Play relaxing background music of your choice and start doodling to it
- **Take a moment to move your body with the music**
- As you now find a comfortable position to settle in

Step 2:

- Start by taking a few deep breaths (eyes closed or open as you would prefer)
- Slowly bring your attention to your mind and the thoughts that may be coming up as you engage in the activity
- Allow yourself to visualize your thoughts and put them on paper. You can use any form, design, or colour to depict them. **If you face any distracting thoughts, feel free to give them shape, form, and colour.** Visualise releasing all your thoughts from your body and putting them down on paper.

Step 3:

- Our thoughts are constantly changing and moving, but at the same time, we experience them as 'permanent' since they live in our heads throughout the day, spiraling out of control from time to time.
- **Remember that doodling can be a great tool to help you manage stress and anxiety.** This may be stemming from constant thinking (and sometimes, overthinking), and it's always okay to take a break and doodle your thoughts out.

Before you put the doodle away, take a moment to sit with the doodles.

- *Do you notice any particular shapes or colours that stand out to you?*
- *Are there any repetitive patterns that you can notice in your doodles?*
- *What are some thoughts coming to mind as you look at your doodle?*
- *Are there any specific emotions or bodily sensations surfacing?*
- *Take a moment to think about how you feel when you look at your piece of art, and all the colors, shapes, and patterns it has!*
- *Once you do that, turn the sheet around and write your thoughts down. Let it be free-flowing. You could write one word, a sentence, or fill out the entire page.*



Tip: If you continue doing this exercise at other times as well, keep your sheets safe and spend some time looking at any common points you see between the different sheets.

Remember, self-reflection can be a powerful tool for personal growth and understanding.

And if you're ever struggling to express your emotions or thoughts, don't hesitate to give this worksheet another go!