

ART AS A STRESS BUSTER

Hey there!

Been feeling a little stressed out lately and in need of some creative inspiration? Well, you've come to the right place! **In this worksheet, we're going to explore how art can be a fantastic stress buster.** Whether you're an experienced artist or a newbie with a paintbrush, this worksheet is for you. So grab your favorite art supplies, find a cozy spot to settle in, and let's get started on our journey to relaxation and creativity through the wonderful world of art!

PS: Scroll to the bottom to know how art can really help you beat the stress (but don't forget to get artsy!)

For now, it's time to dive into a fun self-care experience with art!



What you'll need:

- *Sheets of paper*
- *Paints, crayons, colours of any kind!*
- *A safe and quiet space (light your favourite scented candle, open the windows to let some fresh air in or get a yummy snack you love, or a cup of coffee to keep you company)*

What you don't need:

- *Expertise in any kind of art*
- *Drawing or painting skills*
- *Creative or artistic aptitude*



Step 1: Free Yourself from Judgement

The first step in using art as a stress buster is to let go of any expectations or judgments you may have about your artistic abilities. Remember, there are no right or wrong ways to create art, so don't worry about making mistakes or creating a masterpiece.

Step 2: Let Your Creativity Flow

Use your paints, crayons, or any other art supplies you have to create whatever comes to mind. Don't worry about whether your artwork is good or not; just focus on the process of creating and expressing yourself.

Step 3: Focus on the Moment

As you create, try to focus on the present moment and let go of any worries or stressors you may be experiencing. **Pay attention to the colors, textures, and shapes you are creating and allow yourself to fully immerse in the creative process.** Pick up the pencil, pen, brush or anything you like and start creating. Remind yourself that you don't have to make a masterpiece, or even an object, let your hand flow and just follow the rhythm.

You can also play light music and keep drawing or painting to the music's rhythm. Keep drawing and painting till you feel relaxed, pick up colours and use them intuitively. The idea is to let your creativity and your hand flow!



Step 4: Reflect on Your Artwork

Once you have finished creating your artwork, take a moment to reflect on what you have created. **What emotions or feelings does your artwork evoke? Does it remind you of anything in particular?** This reflection can be a helpful tool for processing and understanding your emotions.

PS: How can art really help you beat the stress?

Art therapy is effective in reducing stress and anxiety levels, increasing self-awareness and self-esteem, and promoting relaxation and mindfulness. self-awareness and self-esteem, and promoting relaxation and mindfulness.

By engaging in creative activities, we can access and express emotions that may be difficult to articulate verbally.

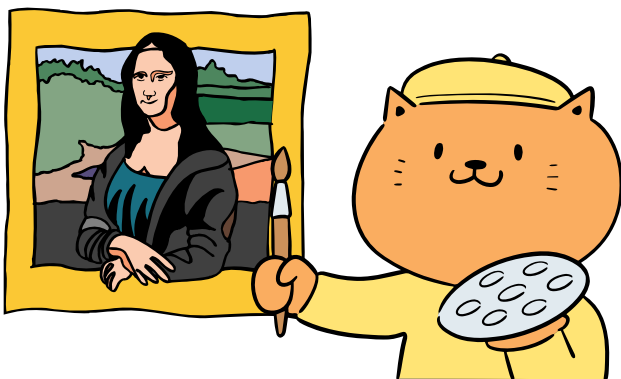


Think back to the time when we were little children, one of our favourite activities was getting our crayons and sheets of paper to create colourful artistic designs on paper. It didn't matter if the faces we drew were perfect or if the sky was the right shade of blue, we spent hours doing it anyway.

While growing up, art becomes a go-to activity for children and helps them with self-expression and relaxation. However, as grown-ups, many of us lose touch with the hobby as we get too caught up in the ideas of perfection. **We get so preoccupied with the end product of art that we overlook the unbridled joy, the free flow of emotions, and the self-expression that art allows us!**

But wait, how will art help me as an adult?

Art is a fun and unique way to amp up your self-care routine as an adult!



With our everyday routine and day-to-day stressors weighing us down, it is a great way to bring your stress levels down.

So, the next time you feel stressed, you know what to do!