

## **ART THERAPY WARM UP**

Take at least 30 seconds to one minute for each step.

Notice how different types of marks pair with different sensations and emotions inside of your body.

- Choose the first art tool (pencil, oil pastel, etc) that catches your attention
- Start with making light marks, then switch to pressing firmly onto the paper.
- Now try moving slowly across your paper, then quickly
- Proceed to making smooth shapes, then make shapes with sharp edges
- If you haven't changed what you are drawing with, pick up something different. Repeat the steps above.
- See how it feels to draw over something that you've already created on the paper, blend colors by using oil or chalk pastels

When you find yourself organically moving into drawing, you're ready to move on!

## **CELLULAR MEDITATION**

This can be done by using art or writing to describe what you observe

### **Part One- “What is”**

First let’s go inside, gently close or soften your eyes and check in with what it feels like inside of yourself. To help that process, you might notice where do you feel:

- Warm, cold
- Tense, relaxed
- Tired, energetic
- Where do these sensations feel more strong? Where do they feel weaker?
- What thoughts and feelings come up as you do this?

Express what you’ve observed, using the art supplies, inside the mandala. Trust your creative instinct about what feels right.

### **Part Two- “What do I need?”**

For part 2, go back inside and ask yourself what do your cells need and/or look at your first drawing and ask it the same question. Then use the following questions to guide your second drawing.

- What does this drawing need?
- How can I support or nurture what I see?
- What color(s), images, or words do I want to put around what I have drawn to care for myself? To capture what I need? To support and nurture?

When you’re done: Title your drawing (don’t overthink it). After art therapy as meditation, this is an excellent time to write in your journal about how you are feeling and what you’re noticing.

## **ART THERAPY JOURNAL INSTRUCTIONS**

### Supply list

- Art journal (spiral binders lay flat, which can make it easier to draw and write)
- Pens and pencils
- Travel pencil sharpener
- Easy art supplies- watercolor pencils, oil and chalk pastels
- Wax paper to protect and limit smudging from oil and chalk pastels

### *What is an Art Therapy Journal?*

Art Therapy is a way of expressing yourself through color, shape (ie what you draw or paint), and form (the type of art you make). It's an excellent tool for-

- Expressing difficult emotions- by showing what you are feeling, which is so validating!
- Processing an experience that you want to make sense of, allowing you to feel a sense of closure
- Increasing your creative intuition by listening to what you'd like to make, often leads to creative problem solving
- Practicing meditation and mindfulness- making art can be a meditative practice in that it helps you tune into the present moment, quieting the mind and allowing you to just notice and be with the art
- Stress reduction- because you're getting lost in the art making process, which allows your body, mind, and spirit to relax
- Having fun- playing with the different mediums and learning how they complement one another
- And so much more- you'll find the ways in which it helps you most by practicing regularly



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**MOBILE CREATIVITY FIRST AID KIT- *available to you 24 hours a day***

- Art journal (spiral binders lay flat, which can make it easier to draw and write)
- Pens and pencils, travel pencil sharpener
- Easy art supplies- watercolor pencils, oil pastels
- Knitting or crochet supplies
- In a bag that you can easily take with you

Different ways creativity can support you:

- Meditative art process- selecting a focus/intention for the drawing and exploring it
- Memory/experience reprocessing- exploring something that has happened to you, followed by asking yourself what you need
- Journaling- writing or drawing the sensations, thoughts, concerns, etc to get relief and receive internal guidance/support
- Structured Art Making- eg. adult coloring books, craft making, knitting, etc- to refocus the brain and feel grounded and safe
- Talisman/comforting object- like a smooth stone that you can rub, something that represents being present at this moment