

Creative Expression

Doing something creative involves a lot of our attention and therefore can be a useful way to deal with overwhelming or anxious thoughts. It has been proven that art reduces levels of cortisol, our bodies stress hormone and can therefore improve your mood.

Try not to focus too much on the outcome! Instead enjoy the process without thinking too much about how it is going to turn out. It may take some practice and might not be helpful for everyone. Everybody has their own preferred creative outlet, take some time to find yours.

Art and creativity can be a useful way of processing and expressing emotions. This can be through many forms from drawing, to writing to sculpture to making music. It absolutely doesn't have to be perfect and you don't have to be particularly 'arty' to take part. Lots of people just find the act of making something and occupying their mind helpful, no matter the outcome.

We know that sometimes getting started is the hardest part. Therefore, we have provided our own printable colouring in sheets. You could even try drawing your own mandala or filling in the space around it with more shapes!

Colour me in!



