



Art making and connection to feelings

Through the art making process, you can learn to explore feelings, increase self-awareness and cope with life's challenges. And, you don't have to be an experienced artist to reap the benefits. Just enjoy the process. Whether you choose to paint pictures, make music, sew clothes, or create cakes, these activities can have a positive impact on your well-being.

Below are a few ways you can shift your mindset:



1. Collage if you need a sense of control

Cut, rip, tear and create. Collage is a method that helps us to explore ideas about creation. It requires problem-solving skills to figure out how to deconstruct an existing composition and then piece together something new. It can be enormously satisfying to alter an image and make it one's own through a series of choices, providing a kinesthetic release and igniting feelings of control. Collage also allows us to be creative without having to produce our own imagery from scratch.

2. Doodle mantras for positivity

Creating a mantra doodle helps to manifest relaxed feelings and introduces positive messages into your mind. Take two minutes in between meetings or calls to write down the message you want to hear the most. If you have time, you can embellish it with designs, dots and illustrations. Doodling has been shown to quiet parts of the mind that are distracted and allow for sharper focus.

3. Sketch or color if you feel anxious

Doing something as simple as making a line — curvy or straight — and coloring around it can help you take note of your thoughts and feelings. Repetitive strokes provide temporary relief from life's stressors, and the focus required to color can keep negative emotions at bay until you are ready to address them on your own terms.

4. Knit if you feel stressed

The repetitive hand motions of knitting are an active-reward activity through which the mind and body work together to complete a specific task. This can have a calming, meditative effect and has even been shown to reduce levels of cortisol, the stress hormone.

5. Sculpt if you like to feel masterful

Creating 3D objects can mirror the process of building up our egos. So, whether it's clay or popsicle sticks, using materials to build up and out can help us feel more masterful and able to handle what life throws our way.

Source: Everydayhealth.com*