

CREATIVE PLAY IS AN IMPORTANT TOOL FOR SELF-CARE!

ART-BREAKS ALLOW FOR A CREATIVE PAUSE IN YOUR DAY TO ENGAGE YOUR CREATIVE SPIRIT!

CREATIVE SELF-CARE

The Art of taking a creative Pause



www.art-breaks.com

Creative Pauses

FOR SELF-CARE

Humans are creative beings. It is our birthright. Engaging in creative activities is a choice. Creative activities can be an important part of self-care. Giving ourselves permission to play and explore our creativity can help us to better connect with our inner selves.

Studies have shown that engaging in creative activities can be beneficial to our overall mental health. It can lower cortisol levels and promote feelings of wellbeing. It can help us express feelings and emotions that we may not have the words to express.

Creative activities can be a number of things from the way we dress or design our homes to the meals we lovingly prepare. My focus is on visual creative activities. I call them art-breaks.

Art-breaks a moments of creative play that allow us to explore and express our inner creative soul. The best part is that you don't have to be good at it to get the benefits from it. You don't need to consider yourself an artist at all. All you need to do is give yourself permission to play and explore.
Follow your curiosity!

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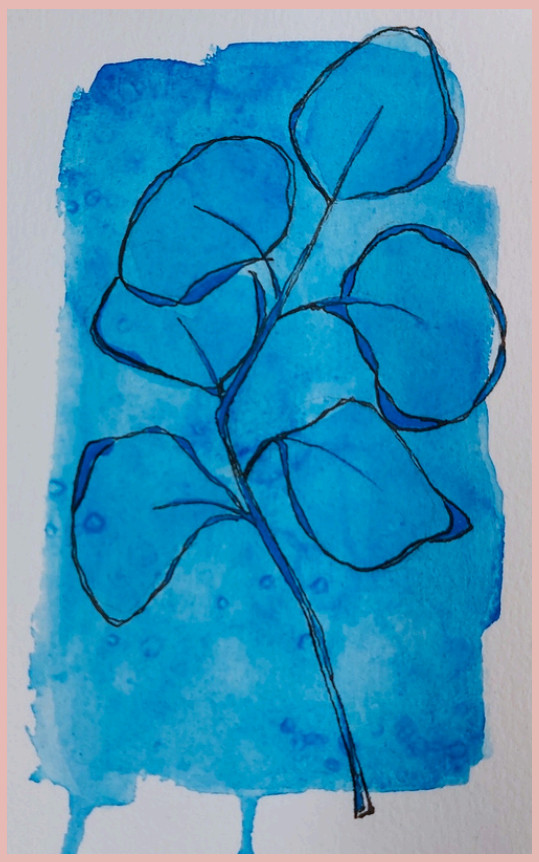


ART-BREAK PROMPT



MESSSY BOTANICALS

YouTube Video Link



SUPPLIES

- Watercolors or ink
- Pencil
- Black pen
- Watercolor Paper

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STEP 1

Wet your paper with water. Drop in paint or ink and watch it spread. Explore adding new colors and notice how they react together. It works bes with 1-3 colors. Adding more can get muddy. Let it be messy. Let the colors run and spread. While the paint is still wet try adding salt and notice the interesting textures it makes as it begins to dry!

STEP 2

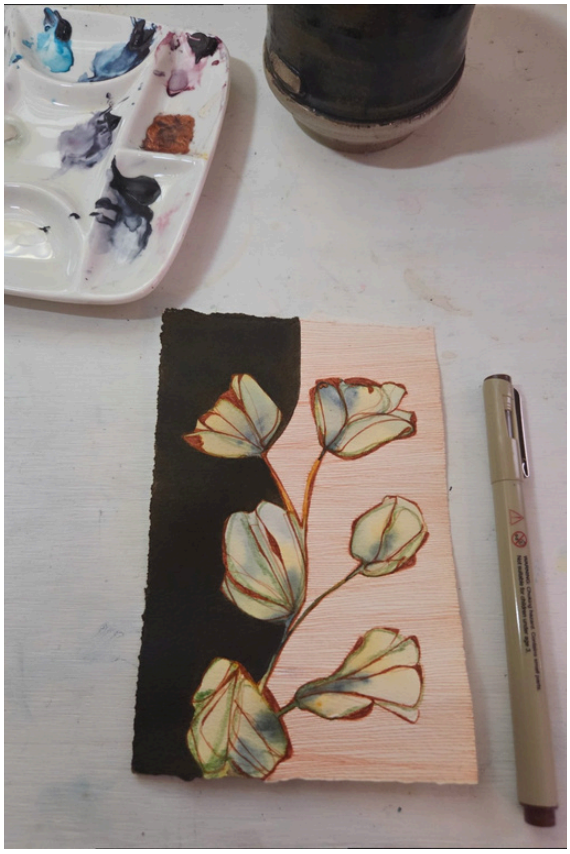
While your paint/ink is still wet use your pencil to draw some loose botanical shapes. Let them be wobbly. Trace over your shapes 1 or two more times allowing the lines to be imperfect. This will create more fun lines and shapes to explore later.
Practice releasing control. If you are having difficulty with this try it with your non-dominate hand or try drawing the shapes with your eyes closed.

STEP 3

Let it dry completely. Then work back into the shapes you created by laying more paint or using your black pen to define lines or add simple patterns in some of the shaps you created.

PERSONAL CONNECTIONS

REFLECT





1 Notice

As you painted your background, what did you notice? Were you able to tune into your senses? Were you able to release control and allow the paint or ink to flow, or did you want to try to control it? How did it feel in your body?

2 Mindset

How did it feel to embrace the mess? Did your inner critic step in? If it did were you able to able to silence it or did it take control? Did you try drawing with your non-dominate hand or with your eyes closed? If so did that make it easier to embrace the imperfections?

3 Experience

What was your overall experience? Did this practice feel supportive? Playful? Did it take you out of your comfort zone or did it feel natural? Were you able to lean in? Did it spark new ideas you want to try next time?

Want More

CHECK OUT MY RESOURCES

I am so glad you have joined me and I look forward to continuing to create with you! Please check out my other offerings below.

1. **The Art Within Journey**

This FREE library of posts that walk you through the full Art Within Journey creative practice. 12 themes with prompts and reflections!

2. **The Art-Breaks Starter Kit**

This beginner friendly mini course teaches my 5 go to creative techniques that can be used in infinit ways as you build your own creative practice!

3. **The HeART Circle Collective**

Launching in January 2027! This is a community of support with live monthly virtual art sessions where I will walk you through the full Art Within Journey each month!

4. **The Art Within Journal**

This is a printed journal, available on Amazon that I designed as a companion for the Art Within Journy. It features space for both visual and written reflections!

5. **The HeArt Circle email List**

You are now on my email list hosted on Substack. You will receive monthly emails with prompts, tips, and new offers directly to you inbox!



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