



## MINDFULNESS ART EXERCISES

Below we have included 5 art exercises to help develop mindfulness.

These exercises and more can be found in our Developing Mindfulness Guidebook in the store.

<https://arttherapyresources.com.au/shop/developing-mindfulness/>

1. What physical sensations in your body do you notice when you are under stress? Is there any area in your body where you feel that you hold most of your feelings of stress? Create an artwork that reflects where feelings of stress manifest in your body. You might want to create a body outline to show where stress occurs in your body.
2. What daily activities do you do where mindfulness can be practiced? Reflect on how a daily activity might be impacted by mindfulness. Examples include how you may enjoy a cup of coffee in the morning or how you engage in a night time routine of mindfulness when going to bed.
3. Mindfulness can help break the cycle of negative emotions so that the body can restore itself to better health. Mindfulness can disrupt negative emotions because it can also help us process and experience negative emotions. By being aware, through mindfulness, of the emotions we are experiencing, we can allow ourselves to accept our emotions and process them in a meaningful way. Reflect on a recent situation where you felt negative emotions. Use your artwork to express how this negative emotion felt. You can express it as a physical reaction or an overall sense of the emotion as reflected in shapes, colours, patterns, and symbols in your artwork.
4. This exercise entails drawing a set of scales that reflects an accurate depiction of your self-compassion vs self-criticism behaviour towards yourself. Reflect over the past day or week how many times you treated yourself with self-compassion or if you self-criticised instead. Draw your scales with one side as self-compassion and one side as self-criticism. How do your scales look in terms of balance? Are they heavily weighed to one side of behaviour? This exercise will give you a visual representation of how you currently treat yourself with kindness and compassion.
5. Draw a picture or use an image of a young child. The age doesn't matter. Draw or paste the image into the centre of your page. Use a pen to write, or cut out words of collage. Surround the child with all of the statements you have told yourself in the past week that identify as self-criticism. Reflect on the impact you think these messages would have on the child in terms of their self-esteem. To complete the exercise on a positive note, collage or paint over the self-criticism statements and add self-compassion statements instead.

**To read more about art and mindfulness, visit our blog post on the below link:**

**<https://arttherapyresources.com.au/art-mindfulness>**