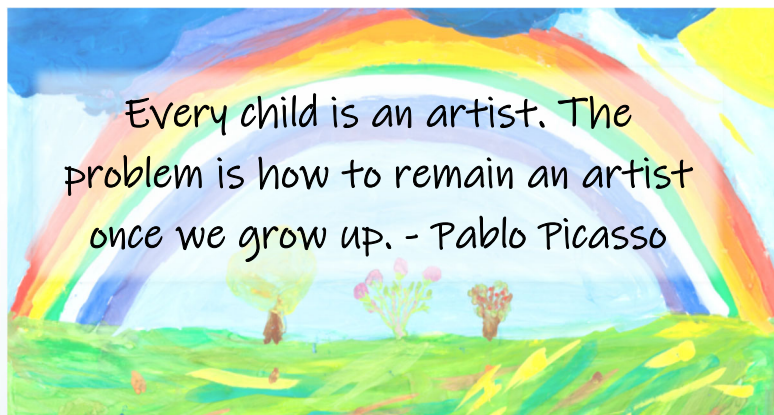




## Building Resiliency and Empowerment through Self-care



Every child is an artist. The problem is how to remain an artist once we grow up. - Pablo Picasso

### MINDFUL MINUTE EXERCISES

Quick and easy practices.

#### 4 Easy Art Projects to Help You Relax & De-Stress

Art is a vehicle for meditation and self-connection. One of the reasons it is so powerful is that it fosters acceptance. Creating art is a type of meditation, an active training of the mind that increase awareness and emphasizes acceptance of feelings and thoughts without judgment and relaxation of body and mind.

[YouTube Link](#) to Art Project Ideas



### SELF-CARE RESOURCES

#### Art As Self-Care

Not only are we tuning in to ourselves when we create art, but we also are expressing ourselves by making an external representation of our internal world.

[READ More....](#)

#### GOOD READS

#### How to Be Mindful When Making Art

The colors, textures and sounds of creating pull us into the moment. You don't need any previous training to meditate through art, just a willingness to draw like a child, with freedom and a sense of curiosity."

[READ More...](#)

