

CREATIVE ACTIVITIES

DID YOU KNOW...

A great way to relieve stress is by having a creative outlet. Being creative can mean a lot of things - drawing, playing a musical instrument, singing a song, etc. By allowing our minds to creatively express ourselves, we are giving our minds and bodies a chance to refocus from whatever it was that may have been causing us stress in the first place.

Journaling - writing down our thoughts allows us to express ourselves in a healthy way. YOU can write whatever you want and no one has to read it!



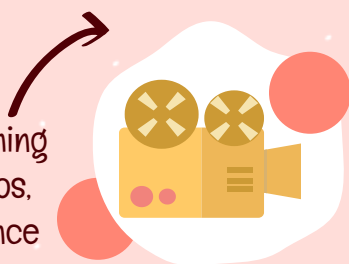
Art - express yourself through art (painting, drawing, calligraphy, making a collage). The ideas are endless.



HERE'S AN
IDEA.

You can try...

Create something online - videos, cartoons, dance videos, etc.



Write a story - pick a genre and WRITE. See where your mind takes you.

