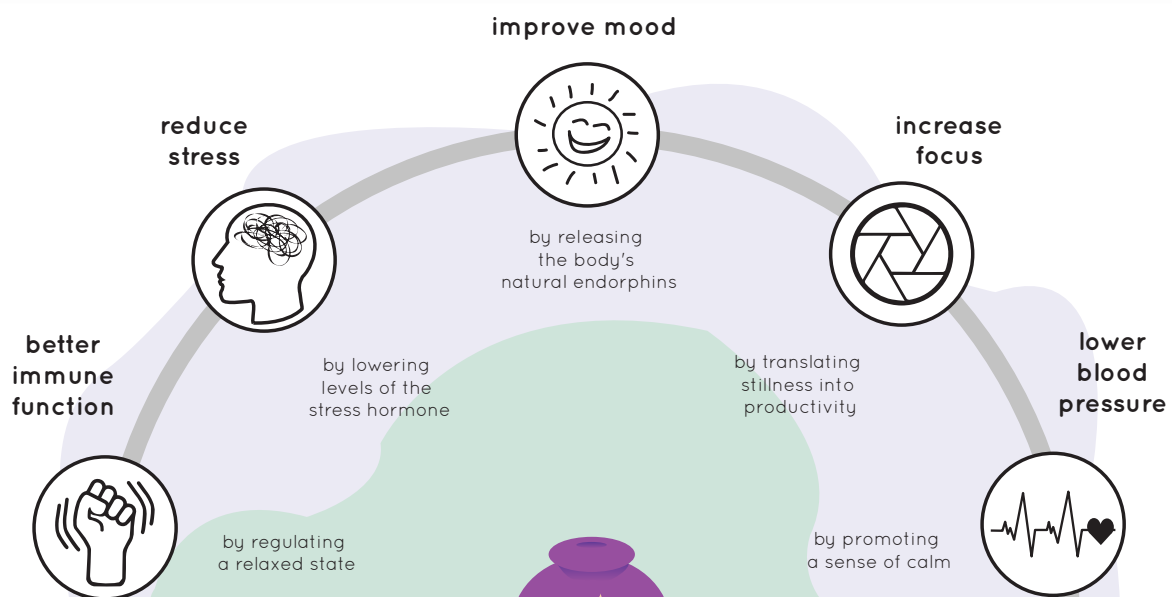




# meditation

...a state of focus with the ability to be present in the moment.

*Creating* can be *therapeutic* and has several *positive effects* on the body:



# BEING CREATIVE CAN BE:



## INTENSIVE

Intentional or Purpose driven Art: This type of art involves creating an artwork with a specific subject or goal. It can involve a variety of art-making techniques, such as drawing, painting, or sculpting, and can be tailored to individual preferences and needs. It will promote relaxation and calm the mind to achieve a meditative state while completing a creative idea.

or

## EXPRESSIVE



Inspirational or Experimental Art: This type of art involves exploring different techniques as a way of self-expression without any preconceived notions of the final outcome. It can involve creating abstract or non-representational artworks as a way to express and release emotions. The process can be a cathartic and healing experience that promotes self-awareness.

**Art always has room for mischief** - these two types are not restrictive!  
- you can experiment with a goal in mind or use the time to create a piece while practicing mindfulness - **keep curious.**

## ?? what will you try ??

Drawing | Poetry | Sculpture | Printmaking | Collage | Photography | Journaling | Digital art | Painting Ceramics  
Jewelry making | Woodworking | Glass blowing | Mosaics | Bookbinding | Embroidery | Fabric painting | Paper  
quilling | Calligraphy | Puppetry | Cross-stitching | Needle felting | Latch hooking | Graffiti | Improvisational  
theatre | Sewing | Weaving | Wood carving | Street art | Creative writing | Quilting | Basket weaving | Soapstone  
carving | Performance art | Doodling | Scrapbooking | Metal embossing | Model-making | Installation art  
Knitting | Card-making | Leather tooling | Coloring books | Land art | Crocheting | Candle-making | Clay  
sculpting | Painting by numbers | Fabric dyeing | Beading | Soap-making | String art | Sand art | Macramé  
Jewelry-making | Pottery painting | Paper mache | Glass painting | Papermaking | Pyrography | Decoupage  
Glass etching | Tie-dyeing | Metalworking | Felting | Candle carving | Origami | Cake Decorating | Quilling



infographic by [www.khitchcock.com](http://www.khitchcock.com)

KHitchcock (Kari), is an artist & content designer based in St Helens who believes that making space for imagination can evoke curiosity within ourselves and help to discover new ways of being productive. Her prints and posters often feature symbolic imagery and obscure use of negative spaces inspired by her creative roots from South Africa and her interest in well-being through art.



#kharicature



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