

# MINDFULNESS THROUGH ART



A fun, creative way to visually organize ideas and information to combat symptoms of stress, anxiety and depression

# DO YOU EXPERIENCE ANY OF THESE SYMPTOMS WHEN YOU ARE ANXIOUS OR STRESSED?

- Irritable, angry, impatient, or wound up.
- Over-burdened or overwhelmed.
- Anxious, nervous or afraid.
- Like your thoughts are racing and you can't switch off.
- Unable to enjoy yourself.
- Depressed.
- Like you've lost your sense of humour.
- Aches and pains.
- Chest pain or a feeling like your heart is racing.
- Exhaustion or trouble sleeping.
- Headaches, dizziness or shaking.
- High blood pressure.
- Muscle tension or jaw clenching.
- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Feeling weak or tired
- Trouble concentrating or thinking about anything other than the present worry
- Having trouble sleeping
- Experiencing gastrointestinal (GI) problems
- Having difficulty controlling worry



# 8 COMMON SIGNS & SYMPTOMS

## 1. Indecisiveness

Do you struggle to make decisions, and accept them once made?

## 3. Overthinking Everything

Do you find yourself constantly ruminating about the past or worrying about the future?

## 5. Sleep Problems

Do you have trouble sleeping as your mind is constantly overwhelmed with thoughts?



## 7. Tension and Sore Muscles

Do you feel stiff and have sore muscles?

## 2. Procrastination

Do you find yourself overanalyzing or second-guessing all the time, causing you to put off, postpone, or delay taking action in your life?

## 4. Emotionally Reactive

Do you tend to emotionally react to small and big things in your life, feeling often misunderstood, upset, and alone?

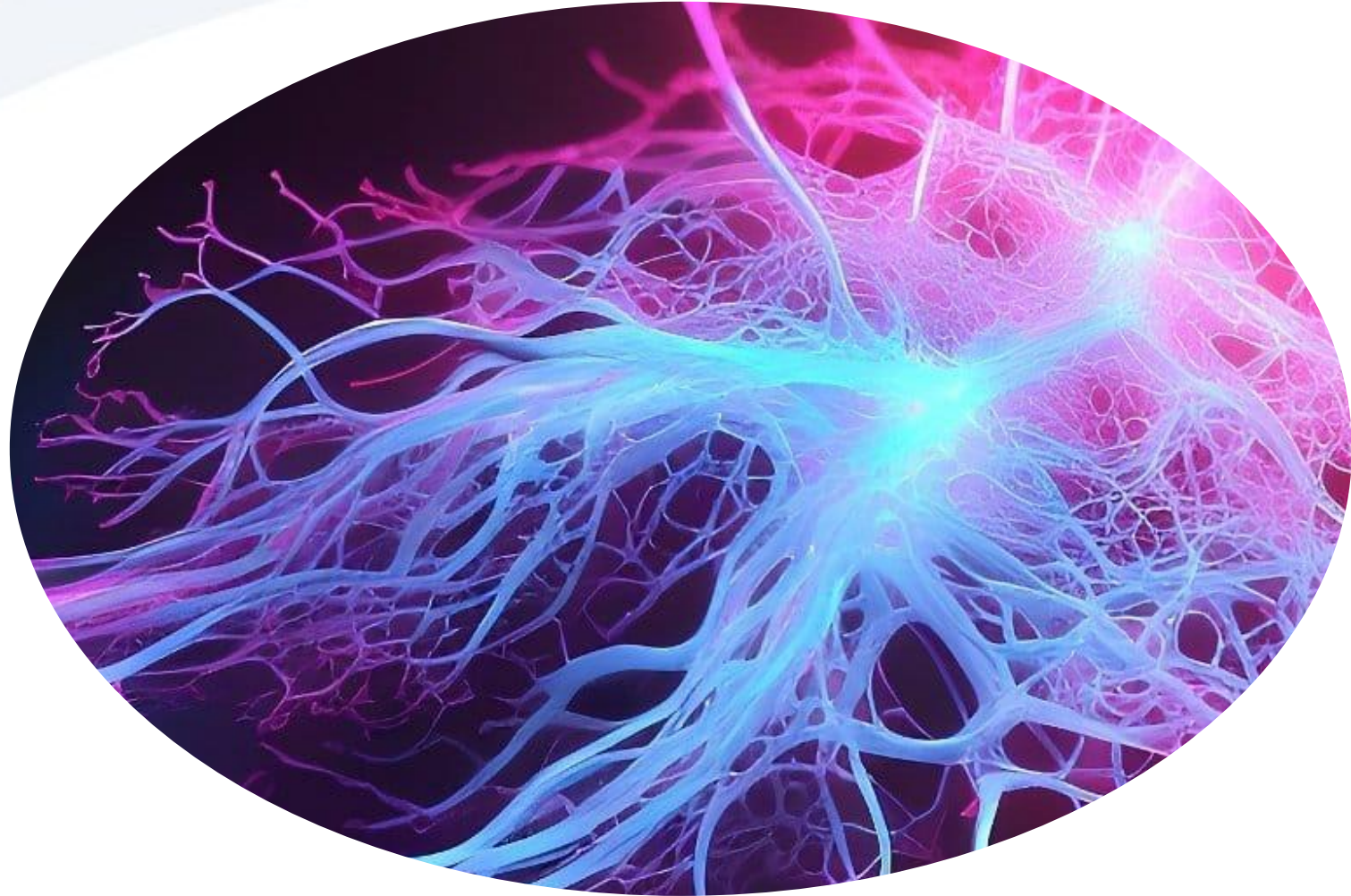


## 6. Poor Concentration

Do you have trouble concentrating and focusing on the task at hand?

## 8. Not Allowing Time for Relaxation


Despite your overwhelmed mind that overwhelms your life, do you find it difficult to allocate any time in the week to relaxation practices such as yoga, meditation, mindfulness, massage, stretching, or something creative?






# 5 Ways To Handle Your Negative Thoughts


1

**Be conscious of your thoughts:** As soon as you find yourself thinking a negative thought, stop yourself from thinking it. 


2

**Keep Busy:** Keeping your hands and mind occupied by doing tasks like cleaning, sorting, knitting etc. helps keep your mind off negative thoughts. 


3

**Avoid Triggers:** Minimizing contact negative people and avoiding negative triggers can help keep you sane and positive. 

4

**Get Rest:** Lack of sleep greatly affects your mood, causing you to feel anxious, irritable and angry. 

5

**Listen To Music:** Listening to your favorite music for 25 minutes a day can bring about a great mood change and have a positive effect on your health and day. 







**THINK  
BREATHING**



Breathe in, hold for three counts and exhale. Count seven breaths.



**MINDFUL  
DRINK**

Kick start your body, mix hot water, lemon and cayenne pepper. Taste It!

**DO ONE  
THING AT A TIME**



When eating, just eat, when checking emails, just check emails.



**NOTICE YOUR  
SENSES**

What are two things you can taste, touch, smell, hear, right now?

**DEEP  
LISTENING**



Listen completely and contemplate your response.



**MINDFUL  
EATING**

Turn off all distractions, explore the textures, favours and temperatures

**MINDFUL  
WALKING**



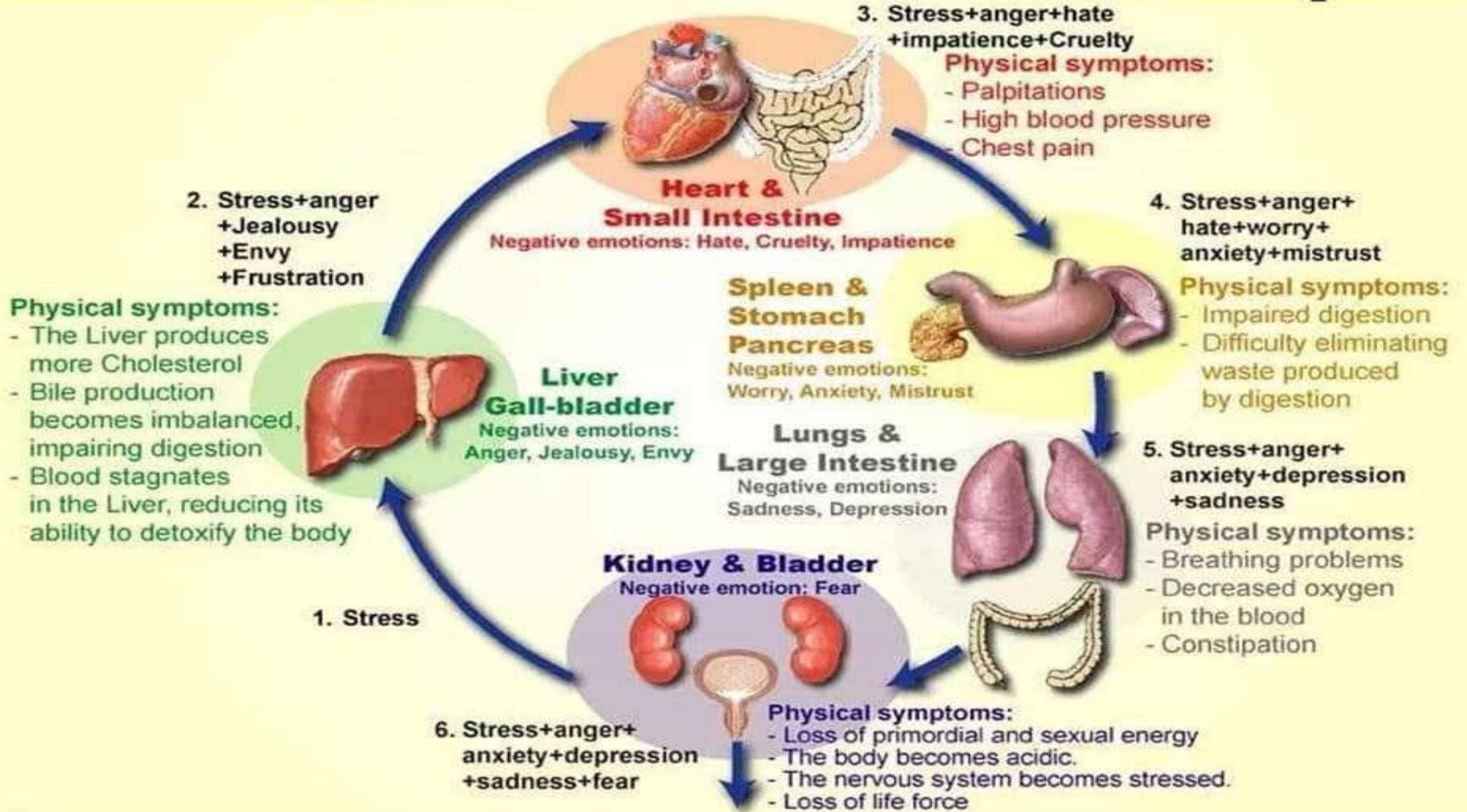
Feel your feet connecting with the ground.



**BODY SCAN  
TIME**

Bring your attention to your body, send the breath to any areas of tension.





# HOW MINDFULNESS THROUGH DOT ART HELPS...



Helps to slow down the racing mind and improve rational thought

Helps to ease muscular strain and tension and reduce pain

Helps to improve breathing by slowing down breaths and improving quality of air intake

Helps to improve metabolism and elimination of waste

Helps to ease tension headaches and lower back pain

Helps to reduce over eating or comfort eating

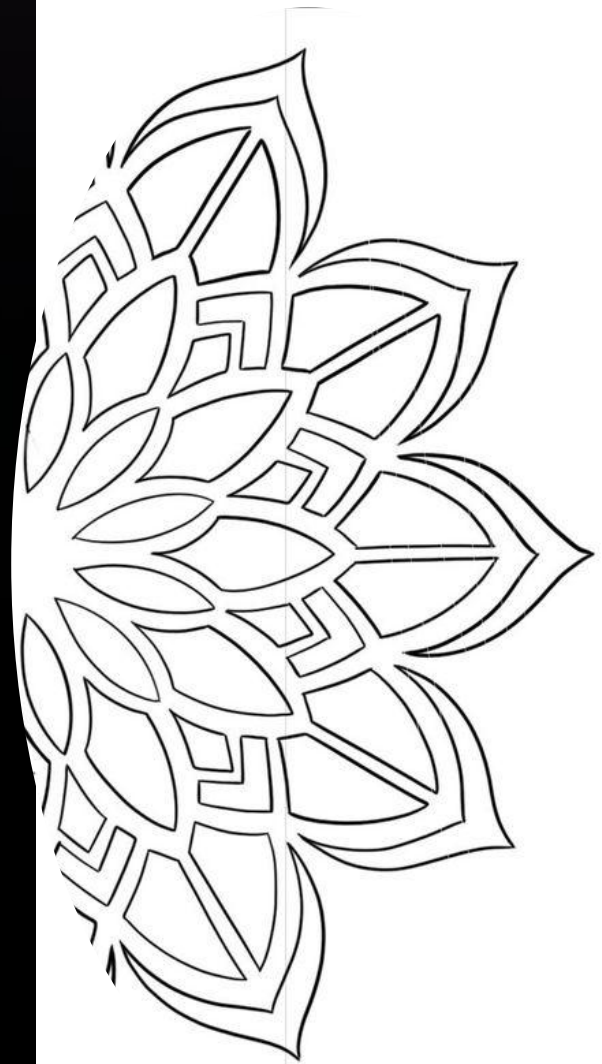
Helps to improve quality of rem sleep



**ART  
HEALS**

**ART HELPS US  
TO STAY  
FOCUSSED**

**ART HELPS US  
TO EXPRESS  
OUR  
EMOTIONS**



*Ensuring excellence in Employee Assistance Programmes*



# Connecting to the here and now.

To be able to self-regulate we need

- to be fully present,
- connected to our bodies and
- able to engage with ways to manage unhelpful responses.

Dot Art offers this through the creation of images, especially if they experience flow.

This can also be supported through specific art-based techniques that bring attention to the breath and embrace mindfulness.

# MINDFUL DOT ART MEDITATION

1. Mindfully position dots according to predetermined template. Purposefully create the mandala by completing template while observing how the dots transform the template and how the picture becomes clearer.
2. With the chosen mandala placed on a table or on the floor at arm's length in front of you, perhaps on an improvised easel, level with your eye-line, sit comfortably – either on a chair with your feet flat on the floor, or on a cushion with your legs crossed.
3. Breathe slowly and deeply, from the diaphragm, while emptying and stilling your mind.
4. Gently gaze at the dot art and relax your eyes so that, initially, the image goes slowly out of focus
5. Sitting quietly, concentrate on the image fully and allow its shapes, patterns and colours to work on your unconscious mind. If distracting thoughts arise, let them drift away and gently bring your focus back to the dot art.
6. Do this for at least 5 minutes initially. In later sessions, gradually try to build up your meditation period to 15 minutes.
7. When you are ready, slowly bring your attention back to the world around you.