

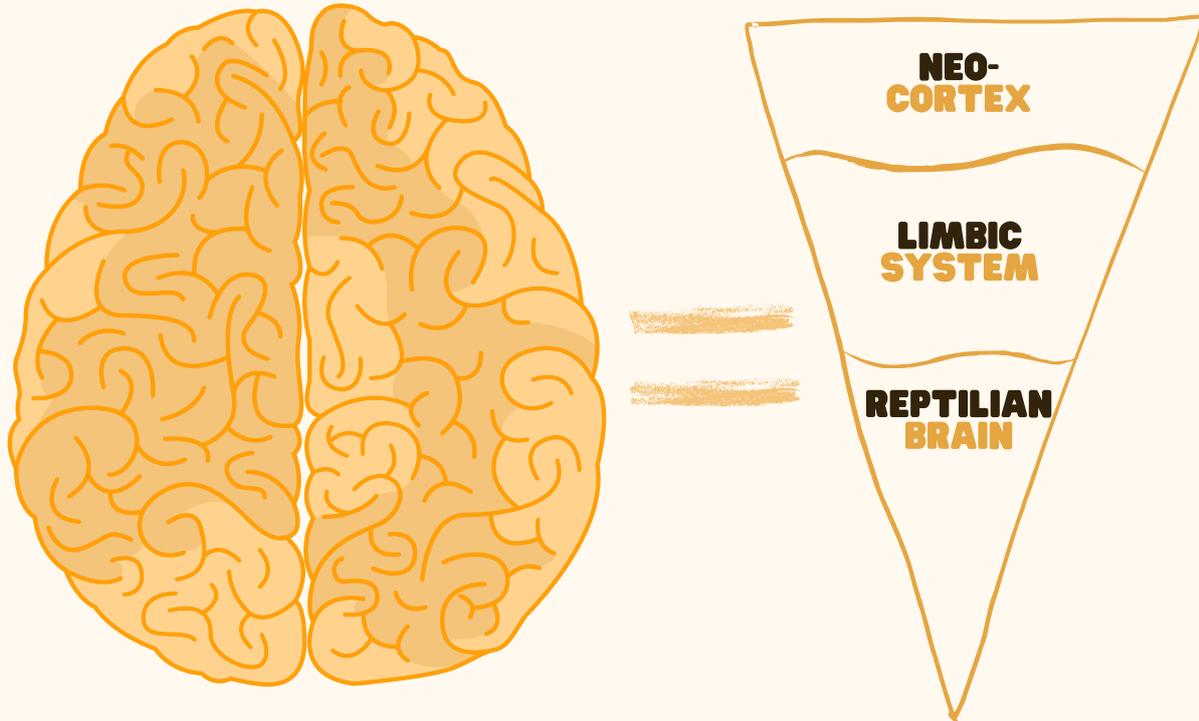
HOW ART MAKING  
CAN HELP YOU  
LOOK AFTER YOUR

*mental health*

DURING A  
GLOBAL PANDEMIC

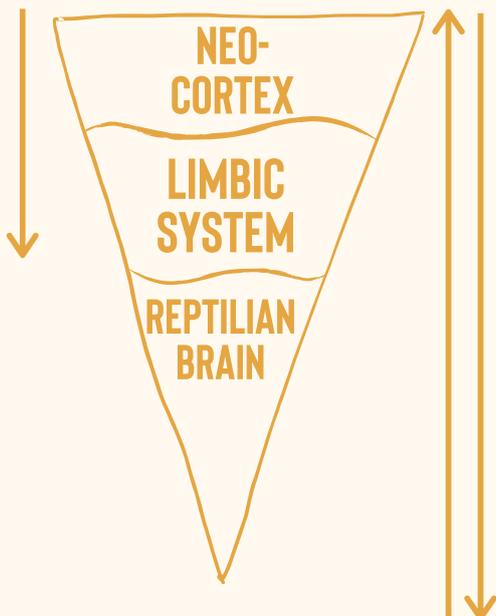
LITTLEFOOT AND  
COMPANY

# IMAGINE YOUR BRAIN SPLIT INTO THREE SECTIONS



**VERBAL  
EXPRESSION**

**ART  
MAKING**



THESE THREE PARTS ARE **INTERCONNECTED** AND AS WE EXPERIENCE THE WORLD ON THESE DIFFERENT LEVELS ITS IMPORTANT TO HAVE WAYS TO **EXPRESS OURSELVES** THAT GO BEYOND THE LIMITATIONS OF OUR LANGUAGE.

BY MAKING ART WE CAN ACCESS ALL THREE PARTS AND BY DOING SO...

CREATE **OUTLETS FOR OUR EMOTIONS** SO THEY DON'T BUILD UP INSIDE OUR BODIES.

PRACTICE **MINDFULNESS** HELPING US FEEL **REGULATED** AND **GROUNDING**.

PRACTICE **SELF CARE** AND **PROCESS OUR THOUGHTS AND FEELINGS**.

ALL OF WHICH HELPS US LOOK AFTER OUR **MENTAL HEALTH**

# REPTILIAN BRAIN

## Regulation

THE OLDEST OF THE THREE PARTS IS RESPONSIBLE FOR OUR

**HEART RATE**

**BREATHING**

**BALANCE**

**APPETITE**

**BODY TEMPERATURE**

**SLEEP**

ACCESS YOUR REPTILIAN BRAIN BY USING ART MATERIALS IN A KINAESTHETIC OR SENSORY WAY.

Art making with lots of motion and sensory touch can help us to focus on our breath, release energy and tension from our bodies, meditate, be mindful and find a sense of calm.

### ACTIVITY IDEAS

- MAKE ART TO MUSIC
- FINGER PAINTING
- USE CLAY
- REPETITIVE PATTERNS
- WORK ON A LARGE SCALE
- CREATE A SENSORY OBJECT
- USE NATURAL MATERIALS
- SCRIBBLE DRAWINGS

# LIMBIC SYSTEM

*emotional centre*

THIS MAMMALIAN PART OF THE BRAIN IS RESPONSIBLE FOR OUR

**EMOTIONS AND FEELINGS**  
**MOTIVATION FOR MEANING**  
**DESIRE TO CONNECT WITH OTHERS**  
**MEMORIES**  
**AMYGDALA (FIGHT AND FLIGHT)**

ACCESS YOUR LIMBIC SYSTEM BY USING ART MATERIALS TO EXPRESS YOUR EMOTIONS AND EXPERIENCES.

Being emotive through the use of colours, lines and form can help to tune out of the negative and into the positive as well as helping us find a place to put our emotions.

## ACTIVITY IDEAS

- USING ART TO EXPRESS EMOTIONS
- REFLECT ON EXPERIENCES
- REFLECTIONS ON RELATIONSHIPS
- CREATE A SAFE PLACE
- FOCUS ON VALUES
- GRATITUDE REFLECTIONS

# NEO-CORTEX

*thinking brain*

THE NEO-CORTEX IS RESPONSIBLE FOR OUR

**LANGUAGE**

**CONCEPTS SUCH AS TIME AND SPACE**

**ABSTRACT AND SYMBOLIC THOUGHT**

**IMAGINATION**

**UNDERSTANDING OF SELF AND OTHERS**

ACCESS YOUR NEO-CORTEX BY USING IMAGERY,  
SYMBOLISM, CONCEPTS AND IMAGINATION.

This can help to organise your thoughts,  
find clarity and make sense of things.

As well as build your capacity to move through this  
challenging time with new strengths and perspectives.

## **ACTIVITY IDEAS**

- WRITE A POEM
- CREATE AN ART JOURNAL
- CREATE A TIMELINE ARTWORK OR MIND MAP
- EXPLORE PERSONAL SYMBOLS
- MASTERY OF TECHNIQUE/ART MATERIALS
- USE WORDS TO REFLECT ON EMOTIVE IMAGERY