

Proposal for 'Artful - Mindful and Neuroart Creative Session'

This proposal outlines two examples of six-week mindful and neuroart programs designed to promote mental well-being, self-expression, and relaxation through creative practices.

Each session incorporates mixed media techniques and mindfulness principles, encouraging participants to engage with art as a tool for self-reflection, emotional processing, and stress reduction.

The program is structured to be accessible to all skill levels, fostering a non-judgmental space where creativity flows freely.

Sessions will explore varied themes such as intuitive mark-making, emotional color exploration, nature-inspired art, and meditative patterns. Through hands-on activities, participants will experience the therapeutic benefits of art, movement, texture, and sensory engagement.

This initiative aligns with the wellness hub's mission to support holistic well-being, offering a creative and mindful approach to stress relief and mental clarity.



About AROUJ

Arouj Mufti's creative journey is rooted in a family that celebrated art and innovation. After working in Finance and IT, she shifted to focusing on creativity and mindfulness.

Currently pursuing a Master's in Neuroscience and Psychology of Mental Health, Arouj is exploring the emerging field of NeuroArts, researching how art can enhance mental well-being and brain function. Her work reflects her belief in creativity as a tool for healing and self-expression.



Artful Journeys: A Six-Week Mindful and Neuro Art Experience

Week 1: Flow and Release



Theme:
Art as a Moving Meditation

- **Concept:** Train the brain in acceptance and flexibility.
- **Activity:** Create free-flowing marks while focusing on breath and movement.
- **Materials:** Charcoal, ink, or soft pastels.
- **Artful Element:** Promote relaxation through rhythm and flow, connecting body and mind.

Week 2: Colour & Emotion



Theme:
How colors influence mood and memory.

- **Concept:** Using intuitive painting to explore changing emotions.
- **Activity:** Layering colors to represent shifting emotions, abstract color fields, or mood journals.
- **Materials:** Watercolor, oil pastels, colored pencils.
- **Artful Element:** Identifying emotions through color choice.

Week 3: The Art of Letting Go



Theme:
Letting go and embracing imperfection.

- **Concept:** Mimicking the brain's natural ability to adapt and rewire.
- **Activity:** Continuous line drawing, fluid movement or expressive brushwork while focusing on breath and movement.
- **Materials:** Ink, charcoal, soft pastels, watercolor.
- **Artful Element:** Breath-guided strokes, body movement influencing mark-making.

Week 4: Pieces of ME



Theme:
Explore personal identity and transformation.

- **Concept:** Create expressive or abstract self-portraits in non-judgmental way.
- **Activity:** Expressive or abstract self-portraits using mixed media with textures, personal drawings, and written words.
- **Materials:** Mixed media - magazines, printed textures, tissue paper, glue.
- **Artful Element:** Encourage self-reflection and exploring positive self-reflection techniques.

Week 5: Gratitude & Affirmation



Theme:
Reinforcing positive thinking and self-affirmation.

- **Concept:** Strengthen positive mental pathways through repeated affirmations.
- **Activity:** Creating a small gratitude or affirmation book using collage, watercolor, and hand-lettering.
- **Materials:** Handmade booklets, watercolor, markers, pens
- **Artful Element:** Setting artistic intentions for the future, closing the program with positivity.

Week 6: The Art of Becoming



Theme:
Bringing together all learned techniques for a final personal piece.

- **Concept:** Final piece to integrate mindful techniques and personal expression into one artwork.
- **Activity:** Creating a final personal artwork using techniques from previous sessions to embrace self-growth.
- **Materials:** Mixed media—participants choose their preferred materials.
- **Artful Element:** Reflecting on growth, setting artistic intentions for the future.

Artful Journeys: A Six-Week Mindful and Neuro Art Experience

Week 1: Senses & Shapes



Theme:

Translate the experience into colors, textures, and shapes.

- **Concept:** Cross-modal connections in the brain (how senses interact).
- **Activity:** Translate music, nature, white noise into art.
- **Materials:** Watercolour, ink, graphite, markers or mixed media for collage
- **Artful Element:** Enhance sensory integration and mindfulness through a multi-sensory experience.

Week 2: Transform & Connect



Theme:

How repeated thought patterns shape neural connections.

- **Concept:** Mimicking the formation of neural pathways.
- **Activity:** Free-flowing, continuous-line drawing without lifting the pen,
- **Materials:** Watercolor, ink, graphite, markers or mixed media.
- **Artful Element:** Encourage cognitive flexibility and non-linear thinking, reinforcing new mental connections.

Week 3: Rhythm of the mind



Theme:

Finding calm through repetition and structure.

- **Concept:** Using repetitive patterns to mimic brain's natural rhythms.
- **Activity:** Drawing or painting geometric patterns.
- **Materials:** Fine liners, acrylic paint, carving blocks for printmaking.
- **Artful Element:** Slow, deliberate strokes, rhythmic pattern-making synchronized with breathing to promote relaxation.

Week 4: Memory & Emotion



Theme:

Visualizing emotions and memories through abstract composition.

- **Concept:** Mapping the brain's emotional and memory networks through colour and layers.
- **Activity:** Creating a memory map with layers of paint, collage, and handwritten reflections to represent past experiences.
- **Materials:** Watercolours, pens, collage materials, personal writings, textured paper.
- **Artful Element:** Reflecting on how memories shape emotions and practicing self-compassion.

Week 5: Movement & Rhythm



Theme:

Using movement and rhythm in art to promote relaxation and body awareness.

- **Concept:** Focusing on breath and movement through fluid and continuous strokes.
- **Activity:** Free-flowing mark-making using large sheets of paper and expressive strokes in sync with breath or music.
- **Materials:** Charcoal, ink, soft pastels, large brushes and watercolours.
- **Artful Element:** Awareness of body movements, breath-led strokes, and meditative flow.

Week 6: The Art of Becoming



Theme:

Bringing together all learned techniques for a final personal piece.

- **Concept:** Final piece to integrate mindful techniques and personal expression into one artwork.
- **Activity:** Creating a final personal artwork using techniques from previous sessions to embrace self-growth.
- **Materials:** Watercolours, pens, collage materials, personal writings, textured paper.
- **Artful Element:** Reflecting on growth, setting artistic intentions for the future.