



Coping with Creativity

Some people enjoy creating as a way to relax and relieve stress from their day. If you enjoy this, here are some ideas to get you started:

- Drawing your emotional experience
- Creating line art
- Taking photographs
- Drawing or painting using colors you find calming
- Creating with LEGO's
- Drawing or painting a place where you feel safe
- Singing or playing a comforting song
- Listening to a playlist of your favorite music
- Choreographing a dance that expresses your emotions
- Noticing how you feel when dancing
- Creating or playing with clay
- Designing textured jewelry
- Creating a sculpture



... and many more! Use your imagination!

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