

5 Art Prompts for Healing Anxiety & Overthinking

1. Draw Your Safe Place

Imagine the place where you feel most at peace. Use colors, textures, or shapes to bring it to life.

2. Create a Visual Emotion Wheel

Use colors or images to represent what you're feeling right now-there's no wrong way to do this.

3. Scribble Your Stress

Let your hand move freely on the page. Don't think-just scribble. Then color it in or turn it into a shape.

4. Design a Mood Collage

Cut out or sketch images that match your current mood. Arrange them into a mini vision board of your feelings.

5. Paint a Message to Yourself

What do you need to hear today? Letter it boldly, decorate it, and place it where you'll see it.

Your creativity is your superpower. Give yourself permission to slow down, explore, and heal.