



The information in this guide is for self-help and should not replace professional medical advice. If you're experiencing emotional difficulties or feel unsafe, please reach out to a qualified mental health professional. For urgent support, contact Samaritans at 116 123 or text "SHOUT" to 85258. If you're in immediate danger, call 999. Your safety is important, so seek help when needed

Embracing Creativity: A Guide to Using Brainstorming as Art Therapy

Creativity can often feel burdened by the pressures of perfectionism and judgment. However, tapping into non-judgmental creativity allows you to embrace artistic expression freely. This guide explores cultivating a safe space for self-expression, inviting spontaneity, and celebrating artistic discoveries, leading to genuine growth and joy.

Objective

This guide allows individuals of all abilities to use brainstorming to clear negative thoughts and offload their mental load through brainstorming as art therapy.

Materials Needed

Art Supplies:

- Blank sheets of paper or a sketchbook
- Markers, crayons, or coloured pencils (at least two colours)
- Optional: Paints, brushes, or collage materials (magazines, scissors, glue)

Self-Selected Area:

- The joy of this art therapy is that you can engage in it wherever you choose, whether at work, in the park with the kids, having a coffee, or even sitting in the car. Grab a pen and anything available to express your thoughts if you feel overloaded and your mind is overwhelmed. Selecting a location where you feel comfortable—such as a quiet space, in dim light, on the sofa, or even lying in bed—can enhance the experience. It might be a corner of your room, a cosy spot in a park, or a café with a relaxed atmosphere. Remember, there are no rules!

Step-by-Step Process

1. Set Your Intention:

- Begin by setting a simple intention for your art session, such as “I want to clear my mind” or “I am ready to embrace new perspectives.”

2. Prepare Your Canvas:

- Start with a blank sheet of paper or a journal, a lined piece of paper; it does not matter. You can write the date at the top to signify a fresh start and the opportunity for new growth, or take a photo when you have finished and store it in an album on your phone.

3. Identify Negative Thoughts:

- Using one colour (e.g., grey), brainstorm and jot down or draw symbols representing your negative thoughts. Let this be a free expression—there is no right or wrong way to do it. Just fire them out; do not worry about spelling, grammar, or punctuation. Try not to overthink; write whatever is fogging your brain; the words do not have to link up or make sense; they just need to escape.

4. Visualise Clearing Your Mind:

- As you fill the page, which may take a few attempts, it can be emotionally draining and quite a release if they have been building up if you can visualise these thoughts being released from your mind. Picture them fading away with each stroke you make, and if not, reflect afterwards and see if your mind feels lighter without them weighing you down.





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5. Focus on Protective Factors and Positives:

- After you have expressed enough negativity, acknowledge those thoughts, then choose a different colour pen, pencil/or paint to use; even if it seems difficult initially, aim to identify at least one positive to jot down.

One day, that page may turn, and there will be more, but even one is an improvement. On particularly tough days, you may not feel you can pick up the positive pen, yet that does not mean your next attempt will be the same.

Try to brainstorm anything that brings you happiness and strength, whether it is family, children, pets, the beach, the sea, or It is your journey; whatever at that point you feel lightens your life, such as supportive individuals or uplifting experiences.

6. Representation:

- Illustrate your positive thoughts through imagery and symbols. If you cannot write words, there are many ways to express yourself. Feel free to incorporate doodles or a collage element to celebrate these aspects visually.

8. Reflect and Hope:

- After completing your artwork, take a moment to acknowledge both colours. Celebrate the importance and bravery it took to have the strength to put pen to paper and admit you needed to offload, even if not verbally. Be proud of the positive step you have made, and as the positives you identify come with time, remind yourself that these will outweigh the negatives in the long run.

9. Conclude Your Session:

End your session with a moment of mindfulness; rich quietness allows you to appreciate your efforts. Keep your artwork and or words as a reminder of your journey toward nurturing positive thoughts and observe for changes

- ✚ Enter with an open heart, embracing this judgment-free space.
- ✚ Engage fully in the process, free from societal expectations.
- ✚ Explore your creativity through drawing, writing, finger painting, or collaging.
- ✚ Trust your instincts as you express emotions in real-time.
- ✚ Focus on translating your feelings rather than achieving perfection.
- ✚ Each piece reflects your present state, showcasing your bravery in seeking solace.
- ✚ Revisit your past artworks to acknowledge your growth and the evolution of your emotions.
- ✚ Be gentle with yourself; it is okay to revisit themes multiple times.
- ✚ If comfortable, consider sharing your work with a trusted friend or therapist to enhance your healing.
- ✚ Make this a regular practice by setting aside weekly time for reflection and creation.
- ✚ Over time, you may notice profound shifts in your mindset.
- ✚ This art therapy method is powerful for clearing thoughts and nurturing a positive outlook. Each page represents a courageous step towards growth and healing.

This brainstorming method of art therapy can be a powerful tool for clearing your thoughts and nurturing a more positive outlook. Each page turned represents a step toward growth and healing.

