

Expressive Arts Therapy: A little known formula for easing stress and anxiety



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Resources at home.

Below you will find a list of expressive arts inspirations you can incorporate into your daily life. This is NOT expressive arts therapy but keeping your inspiration and creativity active is a self-care practice that may enhance connection and quality of life.

Creating meaningful spaces.

Create or dedicate a specific space at home for your creative practice/meditation. Do you have a favorite place? What kind of elements you would include in there? It can be a corner, a small sector in the kitchen, or by a window for example.

How can you foster connection and enjoyment through the things you already have at home? -

Expressive Arts inspired exercises.

Connection to nature. Take a walk - maybe you have a garden or a yard – and notice the beauty you can find around you while walking. Take a picture of that element which called your attention. What kind of memories, ideas, and feelings do you notice in your body? If you are inspired, name that feeling and write about it.

Creative writing. Pick up two colored pencils. While you are reading a book or article, circle five words that call you attention with one color and five words with the other. Where do you find those colors in nature? Create a poem/paragraph with those words inspired by the colors of nature.

Drawing. Doodles with the dominant and non-dominant hand. Optional: add color and put a name to your exercise.

Movement. Chair dance. With the music of your choice, create a movement with your dominant hand/arm and repeat it with a non-dominant hand/arm. Do the same with the the non-dominant hand and respond with dominant hand. Create a gentle sequence of movements. Notice how your body is feeling,

Music. Pay attention to the rhythm of your favorite music. Follow the rhythm of tapping with your hands on a rigid surface. What kind of new rhythm patterns you can create in response to that music? Do you feel inspired to paint? What is the color or the images that comes to your mind while you are listening to the music?