



Crayons & Consciousness Lesson #3a*

Anxiety

Time: 5 minutes

Materials: Crayons, pencils or pens, paper

Millions of people are living with varying degrees of anxiety and taking drugs to get relief from anxious thoughts, panic attacks, excess nervous energy and physical effects such as high blood pressure.

This drawing exercise is not meant to replace therapy or doctor's prescriptions. It is to help you do some safe exploring on your own. Many doctors and therapists employ drawing as a beneficial aid in the healing process.

Emotional patterns run deep. Still, with awareness, love and acceptance, you can change these patterns.



Anxiety Exercise

1. Sit. Breathe 3 slow breaths. Feel your tummy relax. Feel your jaw relax.
2. Notice where in your body the anxiety is dwelling. Tummy, legs, eyes, jaw? Just notice. Close your eyes and imagine yourself sitting in this place. Just notice what you see and feel here.
3. Using crayons or pencils or pens and your non-dominant hand, draw a simple outline of your body.
4. Use colors, shapes, marks, lines, squiggles to indicate places where you feel the anxiety. It may be that there are several places, several colors, several kinds of marks.. Use pressure to make strong marks if that feels right. Draw the anxiety out of you and put it on your paper.
5. Dialogue with the anxious place in you. Ask it a question: *What do I need to know? How can I help you to feel better?* Listen to your body.
6. Write what the anxiety tells you. Write your responses.
7. When you finish, put the drawing a little distance from you and look at it. Notice your feelings and thoughts. Do NOT judge or determine the merit of your drawing.
8. Thank your body for sharing.



*See page 125-126 of *Drawing as a Sacred Activity*, by Heather C. Williams