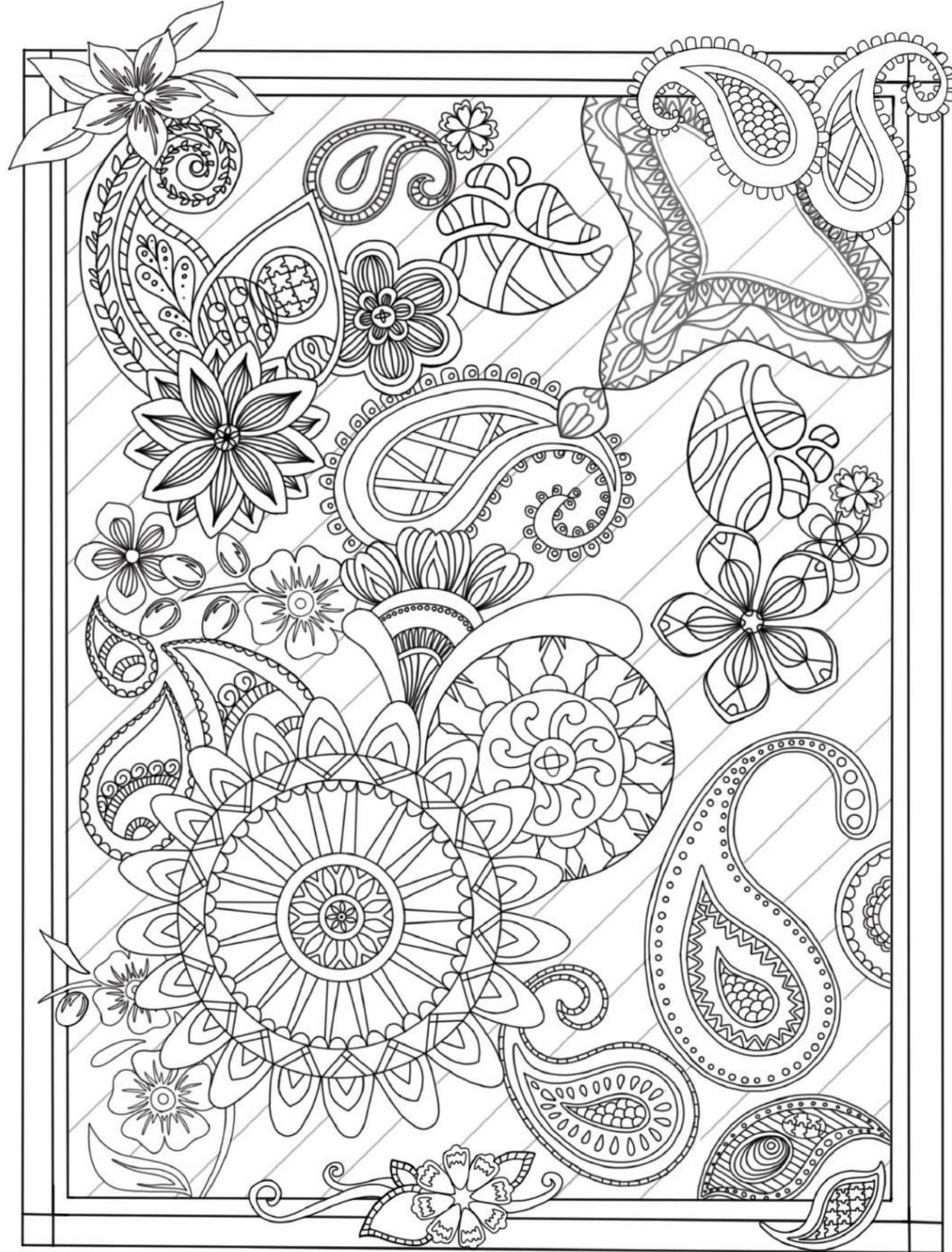


Finding Yourself through Art

A Guided
Art Journal for
Mindfulness,
Self-Discovery,
& Relaxation.

As you color this zentangle, focus on your breathing. Exhale slowly, imagining yourself releasing stress and worries as you do.



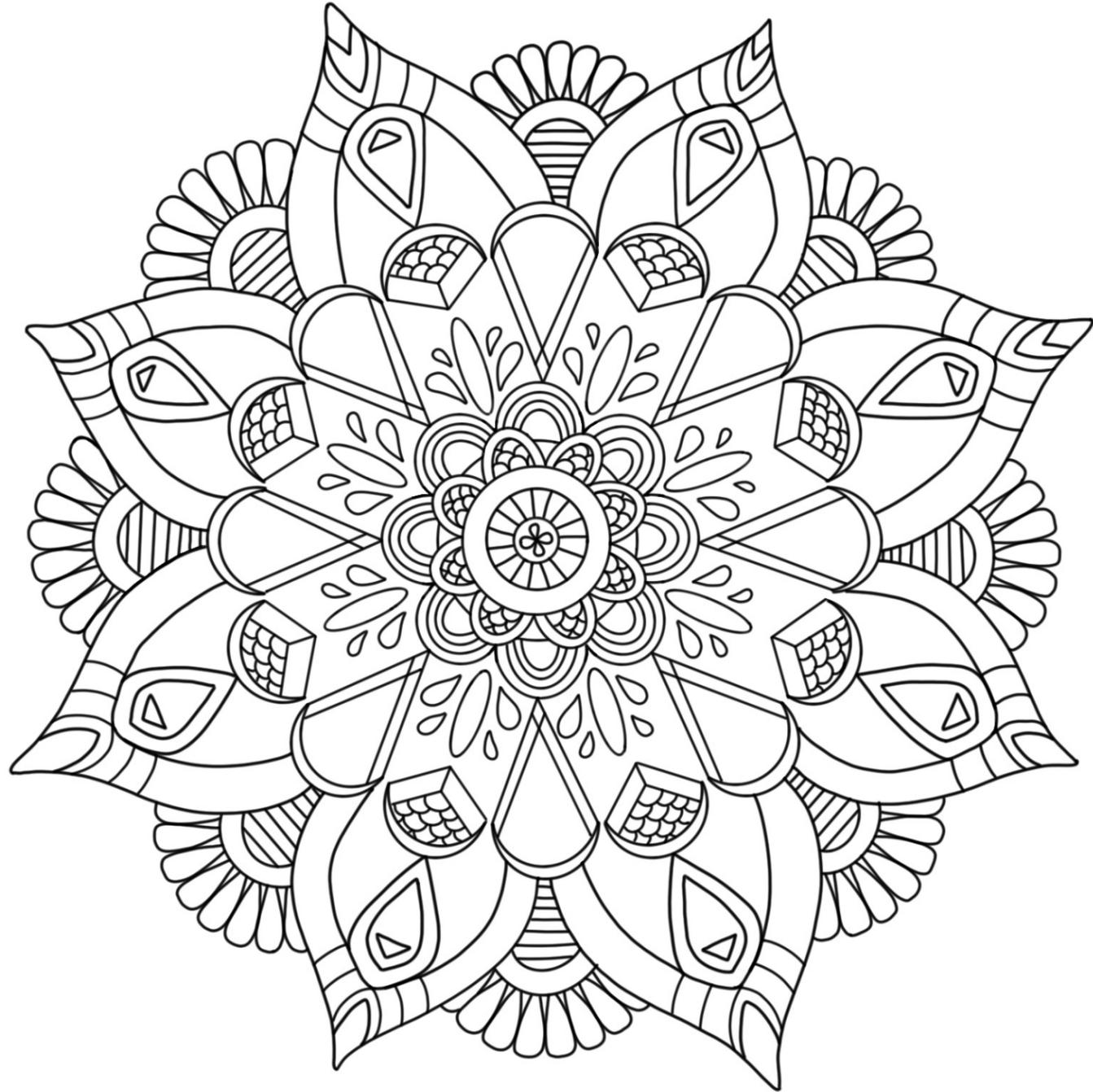
Draw a real or imagined place where you feel safe.

On the first hand, draw things representing a difficult time in your life. On the other hand, draw things representing who you are now.

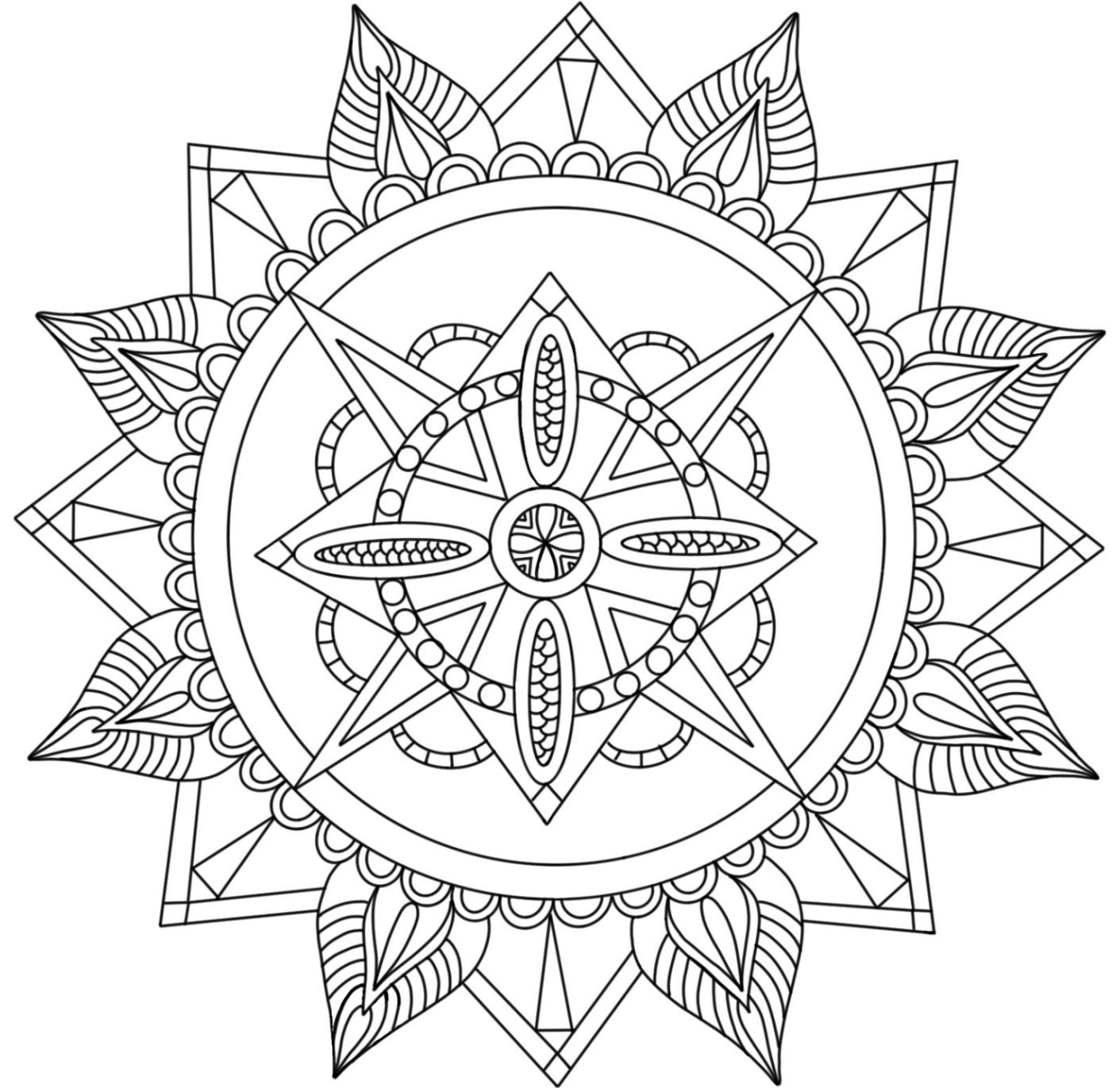


You are strong.

Fill this pattern with colors that symbolize your current state of mind.



Fill this pattern with colors that symbolize a state of mind you would like to achieve.



Dear Reader and Artist: I hope that, after pouring yourself and your art into these pages, you feel that you have found something—whether it is another facet of yourself, relaxation, a safe space, or something entirely different. I also hope that you are proud of yourself and your work. You have made artwork that digs deep into you, that may require you to be vulnerable at times, and that is something to take pride in.

I encourage you to not stop here in your self-discovery. Perhaps this art journal has sparked a new passion for art, rekindled an old one, or been a way for you to further explore your love for art. Try to keep on making art and using art as a way to explore yourself. Draw your surroundings, draw yourself, draw figments of your imagination—draw anything and everything that comes to mind, and try not to judge yourself in the process.

Lastly, should you ever feel as though you are in a crisis and wish to talk to someone, resources that you can contact are listed below.

Remember that there are always people there for you—and there is light at the end of every tunnel.



National Crisis Hotline: Call 1 (800) 273-TALK (8255)

Crisis Call Center (cssnv.org): Call the Crisis Call Center at (800) 273-8255 or text CARE to 839863 for 24/7/365 crisis support.

Crisis Text Line (crisistextline.org): Text HOME to 741741

IMALIVE Online Chat: go to imalive.org for a live messaging service to find connection during moments of intense emotional pain.

You can find more similar resources at www.opencounseling.com/hotlines-us.

For teens: visit SafeSpace.org for more resources and support.

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