



brooke estin

YOUR FREE GUIDE

**THERAPEUTIC ART FOR**  
*self-care*

[WWW.CREATIVITYFORWELLNESS.COM](http://WWW.CREATIVITYFORWELLNESS.COM)



welcome

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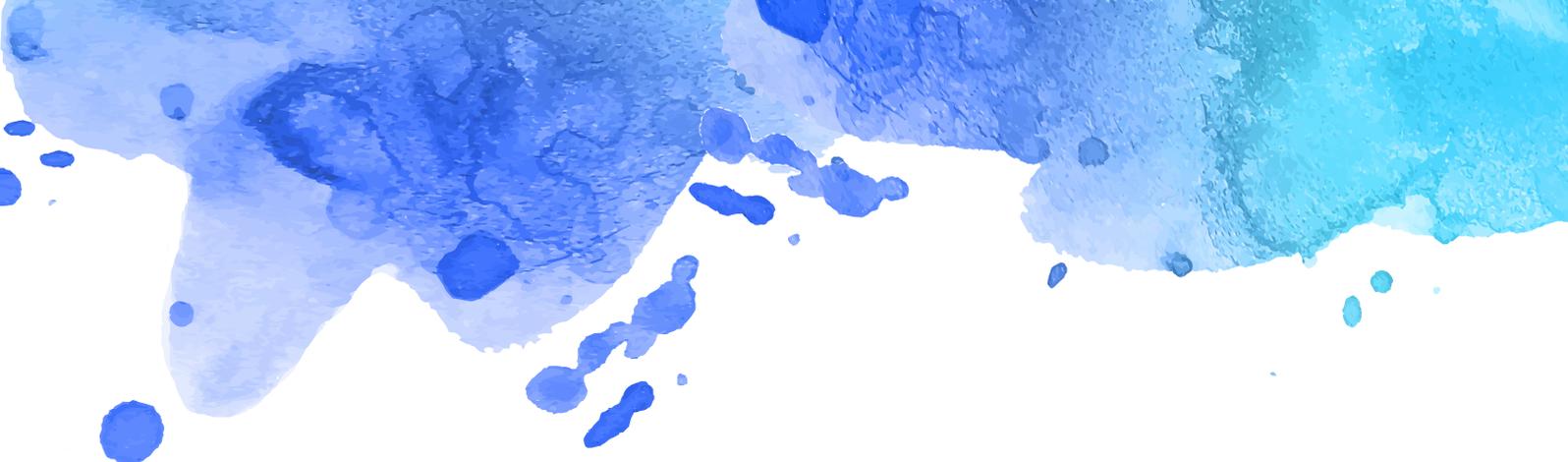
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# THERAPEUTIC ARTS FOR CHALLENGING TIMES

It's been brutal.

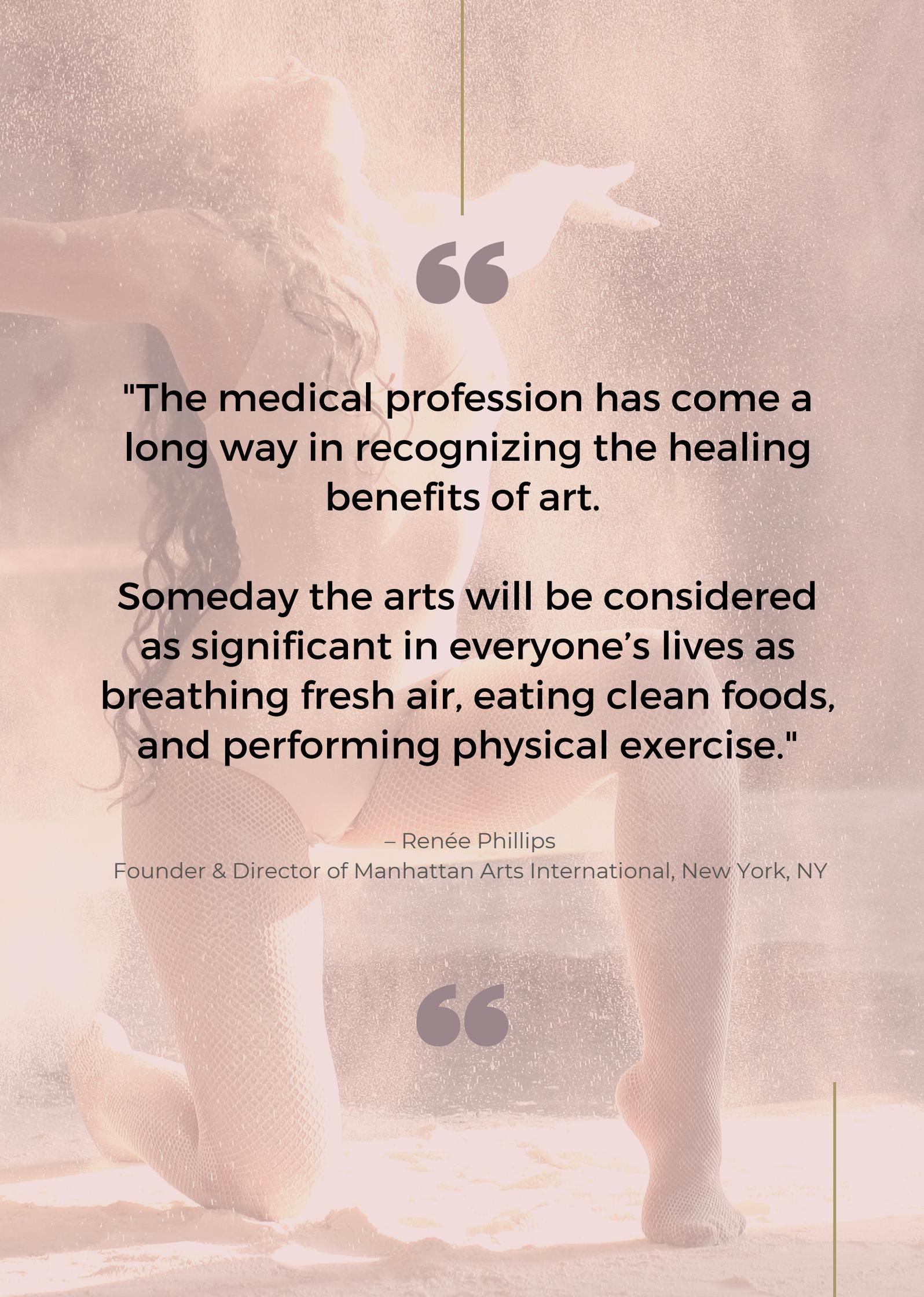
From a global pandemic to the most destructive wildfires in history to a loss in job security, we have all been powerfully reminded us that nothing is a given, life is fragile, and the only thing we are guaranteed is the present.

**SO HOW DO WE DEAL WITH SO MUCH CHANGE AND UNCERTAINTY? WHAT CAN WE DO TO COPE WITH FEELING ANXIOUS AND INSECURE SO THAT WE CAN REMEMBER HOW CREATIVE, RESILIENT, AND ALIVE WE TRULY ARE?**

The answers to these questions are seedlings inside each one of us. We need to give these tiny seeds the water, sun, and soil they need to grow and develop. It's more important than ever to heal and protect ourselves from the collective trauma of this particular moment in time by dedicating time to cultivating awareness, balance, and connection within ourselves and our environments.

Therapeutic Art is a powerful catalyst to help you reconnect with your body, move through your emotions, and better connect with loved ones and the world around you. You don't need to be an artist or even identify with being creative in order to see the benefits. Really, all you need is an open mind, some time, and imagination.

While everyone's path is unique, the following pages of exercises are invitations to explore your body, mind, and emotions as you learn more about what makes you fully thrive.



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**"The medical profession has come a long way in recognizing the healing benefits of art.**

**Someday the arts will be considered as significant in everyone's lives as breathing fresh air, eating clean foods, and performing physical exercise."**

– Renée Phillips

Founder & Director of Manhattan Arts International, New York, NY

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# HI, I'M BROOKE



@THECREATIVEAMPLIFIER

**I'M AN ARTIST, DESIGNER, STRATEGIST AND COACH DEDICATED TO BRINGING CREATIVE IDEAS TO LIFE.**

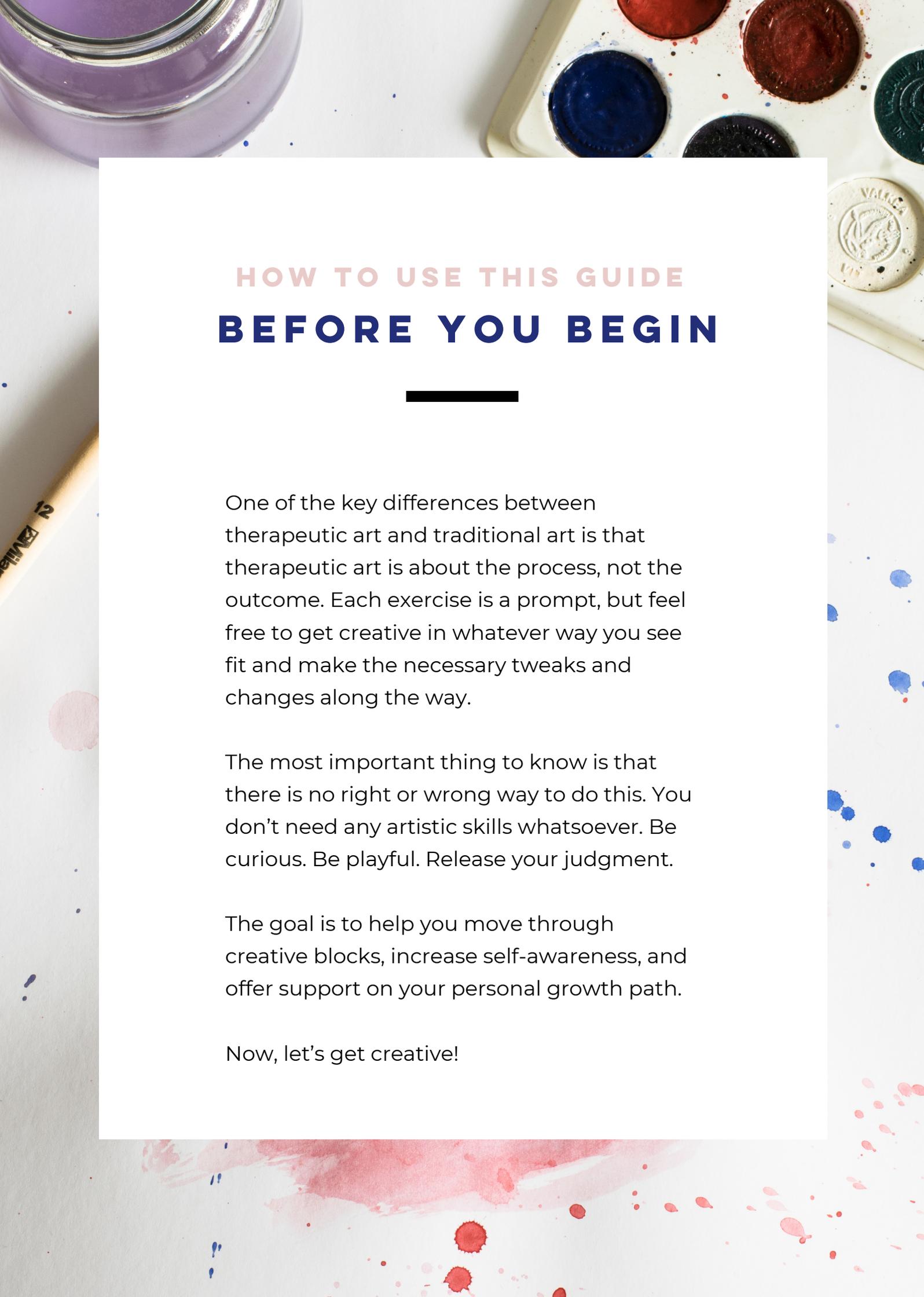
Born in California, raised in Thailand, educated in the UK and the US, and currently living in the south of Spain, I've never fit into a box.

My superpower is blending creativity, strategy, and design to turn ideas into reality so you can improve your health, work, and relationships.

If I can do it for my life and businesses, then so can you.

If you're an aspiring or blocked creative who is missing their vibrant sense of freedom, connection and authenticity, then you're in the right place. I'm here to help you find your creative flow so you can share your gifts with the world.

*Brooke Estlin*



## HOW TO USE THIS GUIDE **BEFORE YOU BEGIN**

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One of the key differences between therapeutic art and traditional art is that therapeutic art is about the process, not the outcome. Each exercise is a prompt, but feel free to get creative in whatever way you see fit and make the necessary tweaks and changes along the way.

The most important thing to know is that there is no right or wrong way to do this. You don't need any artistic skills whatsoever. Be curious. Be playful. Release your judgment.

The goal is to help you move through creative blocks, increase self-awareness, and offer support on your personal growth path.

Now, let's get creative!



*"Give Myself Permission to be #Creative" by Dorian Block*

## THERAPEUTIC ART EXERCISE

# CREATIVE PERMISSION SLIP

It's time to take back your power. Too many of us subscribe to the belief that we need permission to express ourselves. In addition to me officially granting you permission to explore your creative self, this therapeutic art invitation is to create your own permission slip to be creative.

There is only one rule: you absolutely cannot use your computer. Explore collaging, writing, using watercolors, scrapbooking, and painting. If you feel called to evolve this into a contract that you make with yourself, do it! Whatever makes you feel more engaged is what is right for you.



Artist Credit: James Brunt Art

## THERAPEUTIC ART EXERCISE

# CREATE EPHEMERAL ART

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Ephemeral art is temporary. It's art that is intended to disappear. This practice helps you to keep yourself grounded in the present while freeing yourself from any attachment to an outcome.

It can be as thrilling as making graffiti, as meditative as raking a zen garden, or as trippy as using disappearing inks. Get messy and wild like an abstract painter, or be as methodical and detailed as a monk creating a sand mandala. It's up to you.



## THERAPEUTIC ART EXERCISE

# CREATE A GRATITUDE JAR

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When attention goes, energy flows.

When we shift our attention to notice what makes us feel thankful and appreciative, we bring more awareness to all the times we feel it throughout the day. Create a physical space where you can write down what you're grateful for on a daily basis. You're encouraged to create a physical space just for this. It could be an old coffee can, or a mason jar, or even a small notebook. The key here is to make it physically visible to you and every day write at least one thing you're grateful for.

Helpful tip: do this at the same time each morning or evening to help you form the habit.



## THERAPEUTIC ART EXERCISE

# MOVE YOUR BODY

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If you're like most people, you likely have a busy mind full of fleeting thoughts of things you need to do, a variety of emotions and memories, and loads of random judgments and stories. Even though we aren't always aware, these chaotic thoughts lead to high levels of stress that permeate all areas of our lives. In order to free ourselves from this burden, we need to release these thoughts intentionally. If not, it can cause damage to our physical body, lower the functioning of our immune system, and manifest into more serious illnesses over time.

For this exercise, you will focus on reconnecting with your physical body and releasing yourself from the mind. Create a space for yourself where you feel safe to do some movements for at least 10 minutes. Put on some of your favorite music, adjust the lighting to your liking, and allow your body to move. Maybe you're called to jump up and down as you would in a mosh pit, maybe you're twirling around like a ballerina, or maybe you're swaying your hips in circles and feeling into your inner goddess. Move the energy through your body.



## THERAPEUTIC ART EXERCISE

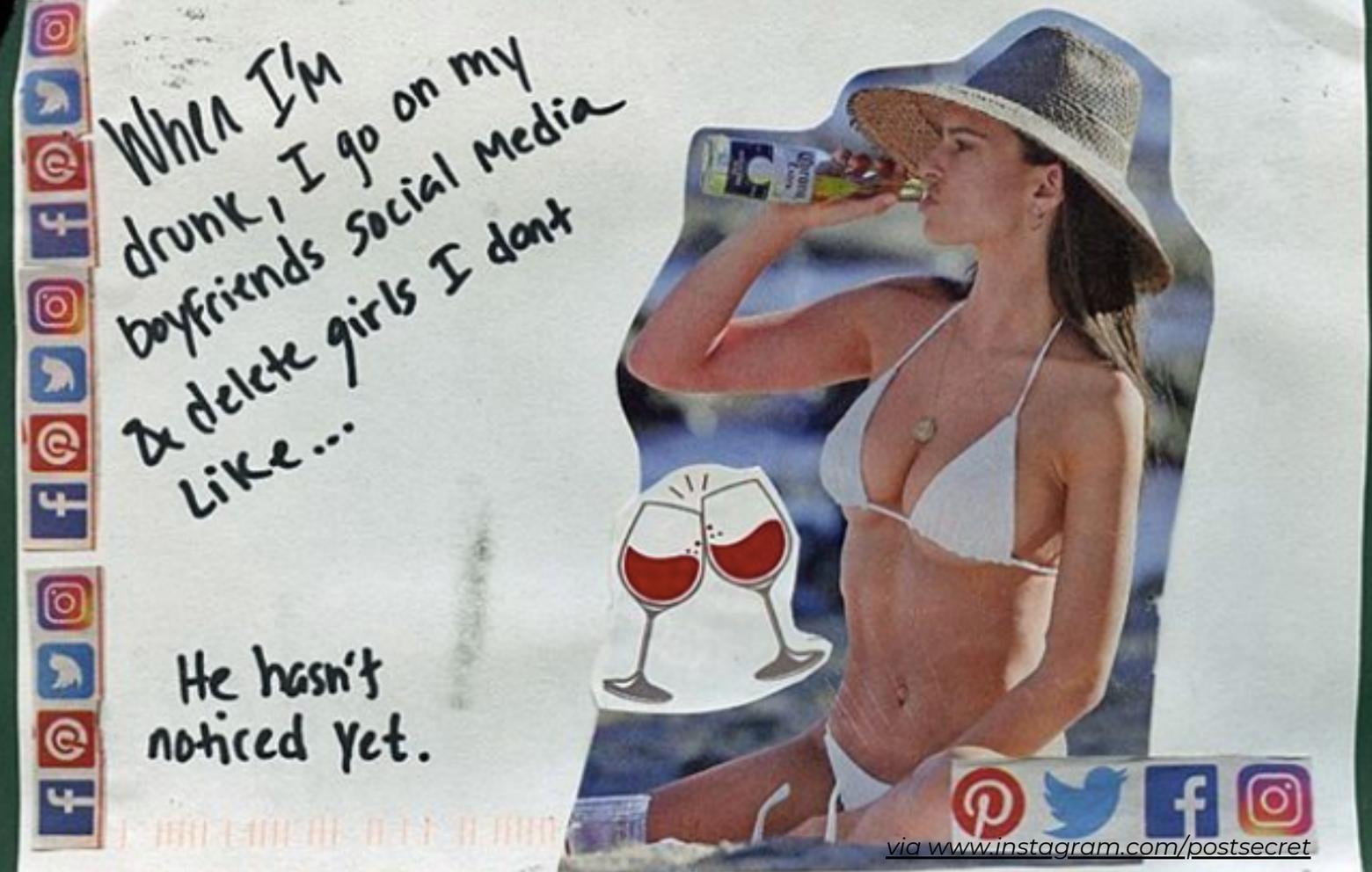
# WRITE A LETTER (THAT YOU WILL NEVER SEND)

In one way or another, we all have relationships that we've struggled to release. We replay what happened over in our minds, imagining a different outcome and fantasizing about what kinds of conversations we'd like to have now... even if we know it will never be possible.

In this exercise, you're invited to write a letter to that person expressing everything that is weighing on your heart. Say the things you wish you could say. Express your anger or explain your perspective or reveal something you've been too ashamed to express.

If you want to create something less text-heavy and more visual, consider making a postcard. The writing is therapeutic in and of itself, but you can take it deeper by using visuals to activate different portions of your brain and cue the relaxing benefits that you get when you color in a coloring book, for example.

Once it's finished, you can either destroy it, toss it in the trash, or keep it in a private drawer or notebook. Once you complete this exercise, you'll notice that the emotional charge of that relationship has loosened its grip on you.



## THERAPEUTIC ART EXERCISE

# SEND A POSTSECRET POSTCARD

PostSecret is a powerful collective art project based on the confessions of anonymous people all around the world. They share their secrets about regrets, fears, betrayals, desires, humiliations, and more. The only guideline is that it needs to be true and something that you've never shared before.

Your invitation is to create a postcard and send it to:

PostSecret  
28241 Crown Valley Pkwy #F224  
Laguna Niguel, CA 92677-4442

Need some inspiration? [Check out the website here.](http://www.postsecret.com)



## THERAPEUTIC ART EXERCISE

# PAINT AN ABSTRACT WATERCOLOR SELF-PORTRAIT

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There is no right or wrong way to do this. Use a brush, your fingers, parts of a sponge, or whatever else you have handy. Since this is an abstract feeling-based experience, you'll want to make sure you're grounded and centered into yourself as you do this. You can start by sitting or lying down and closing your eyes. As you breathe in, visualize your breath as it moves throughout your body. Imagine that the breath is one color as it enters your body, another as it circulates, and another color as it leaves. Then, sit down to paint.

Draw a simple shape to represent your body. It could be just your face, one part of your body, or the whole thing. Once you have the container, create an abstract self-portrait watercolor based on how you're feeling in your body. As you add colors, think about what they mean to you, where they are the most dense with color and where they are the most translucent.

Be with yourself in this moment and reflect.



## THERAPEUTIC ART EXERCISE

# EAT THE RAINBOW

Mother Nature is a clever artist. There is no shortage of color in the world of edible plants. From the fruits and vegetables we see in the supermarket to the spices and herbs we use to flavor our meals, color is everywhere. And if it's not, then chances are you're lacking some key nutrients in your diet.

This therapeutic art exercise is all about creating a colorful and nutritious meal for yourself. When your body is properly nourished, you see the world differently. You have more energy, you're in less pain, you're in a better mood, your memory is better, and you're able to focus on what matters most.

Take the time to bring in as many colors as you can, noting that generally, the darker it is, the more nutritious it's likely to be. When you make your meal, be sure to add some creative garnish or use a beautiful plate or bowl. Imagine you're in a fine dining restaurant and let your creativity flow!



## THERAPEUTIC ART EXERCISE

# PERSONALIZED WATER BOTTLE

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The average person consists of around 60% water. We need it to digest food, carry oxygen and nutrients through the bloodstream, remove wastes, and cushion organs. Dehydration leads to a whole variety of problems such as low energy, headaches, dizziness, brain fog, and worse.

This therapeutic art exercise is a double whammy. You will get to enjoy the creative process of turning a simple water bottle into an art project, plus you will be creating a tool to help you stay hydrated throughout the day.

Find yourself a simple glass, BPA-free plastic, aluminum, or stainless steel water bottle. Take a marker and write yourself affirmations. Get a collection of sticker art on Etsy and plaster them all over. Add paints, charms, and other accents to make it more attractive and engaging. Feel free to even set time-bound goals for yourself by marking the water lines! Then, be sure to fill it with fresh water daily and drink the whole bottle throughout the day.



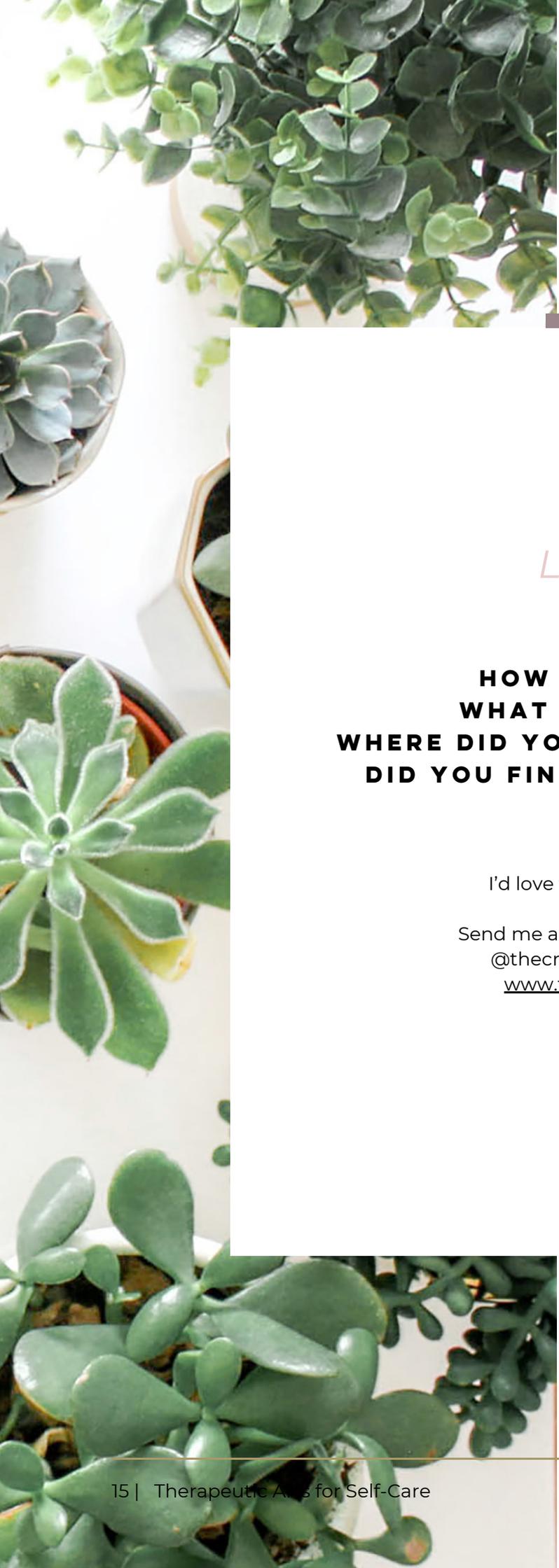
## THERAPEUTIC ART EXERCISE

# CREATE MEDITATIVE ART

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Some of us can sit in lotus position and slide into a meditative state for long periods of time. Others need to be in motion in order to finally put their minds at ease. In this exercise, we will combine the best of both worlds.

The first thing to do is set up your space. Light a candle. Burn some palo santo or sage. Play some soothing music that transports you out of your head and into the present moment. Grab a coloring book, doodle in your art journal, make a watercolor, or set up your canvas. The medium doesn't matter as much as your intention to let your body move the energy through you. There is no attachment to the outcome here. This is a practice of allowing yourself to get into the flow of creation and give your busy mind a rest.



*Let's Check in*

**HOW ARE YOU FEELING?  
WHAT DID YOU DISCOVER?  
WHERE DID YOU EXPERIENCE RESISTANCE?  
DID YOU FIND YOURSELF IN THE FLOW?**

I'd love to hear how it was for you.

Send me a message me on Instagram at  
@thecreativeamplifier or through  
[www.thecreativeamplifier.com](http://www.thecreativeamplifier.com)



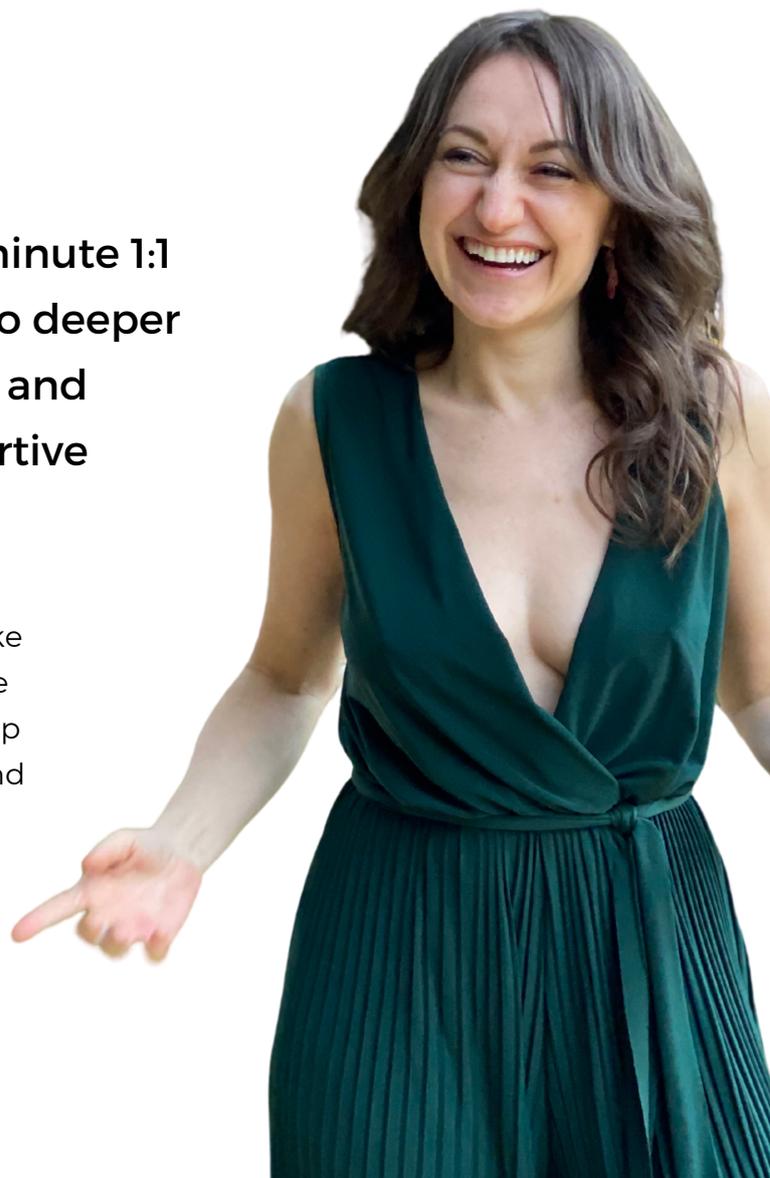
## CONTINUE THE JOURNEY

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You're invited to a free 30-minute 1:1 Clarity Call, where we can go deeper into what you're looking for and whether I can be the supportive guide you are seeking.

If you want more creative inspiration like this and are interested in learning more about how the creative process can help you feel more energized, connected, and inspired, then let's stay in touch.

[BOOK HERE](#)



THERAPEUTIC ARTS GUIDE



brooke estin

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CREATIVITY EXERCISES FOR

*for self-care*