

STRESS RELIEF THROUGH ART:



A CREATIVE PROMPT WORKBOOK

ASHA SURESH

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Welcome!

Art therapy is more than making pictures — it's a powerful way to access emotions, reduce stress, and gain insight into our inner world. Unlike traditional talk therapy, art allows us to express what's hard to put into words, externalize overwhelming feelings, and explore solutions in a creative, safe way.

Using art therapy tools in sessions or personal practice can help:

- Visualize emotions and patterns that may otherwise stay hidden
- Transform stress and anxiety into something tangible and manageable
- Enhance self-awareness, emotional regulation, and resilience
- Provide a safe space for experimentation, reflection, and growth

Asha Suresh



ABOUT ME

I'm Asha, a Counselling Therapist and Expressive Art Therapy Practitioner with 20+ years of experience. I help individuals, professionals, and groups explore emotions, reduce stress, and build resilience — all through the power of art.

My mission is to make therapeutic tools accessible, creative, and practical for growth, self-care, and emotional well-being.

HOW TO USE THIS WORKBOOK

. Whether you are a professional helping clients or exploring your personal self-care journey, this workbook is here for you

Each prompt includes:

- Why it works (therapeutic goal)
- Instructions (step-by-step directive)
- Reflection prompts (questions for processing)

Encourage clients to focus on the process of creating, not the final product.



PROMPT 1:

DRAW YOUR STRESS AS WEATHER

Why it works: Externalizes stress into an image that changes and passes, just like weather.

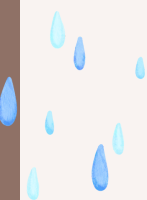
Instructions:

1. Take a blank sheet and some colors.
2. Ask yourself: "If my stress were weather right now, what would it look like?"
3. Draw using shapes, marks, or colors (stormy, sunny, foggy, etc.).



Reflection prompts:

- What weather appeared?
- How does it feel to see your stress as something outside of you?
- What would help this "weather" shift?



PROMPT 2:

DRAW YOUR STRESS CREATURE



Why it works: Personifies stress into something less abstract and more manageable.

Instructions:

1. Imagine your stress is a creature
2. Give it a size, shape, color, and even a funny detail if you'd like.
3. Draw or collage it on paper.



Reflection prompts:

- What does your creature look like — big, small, silly, scary?
- What power does it have over you?
- What power do you have over it?

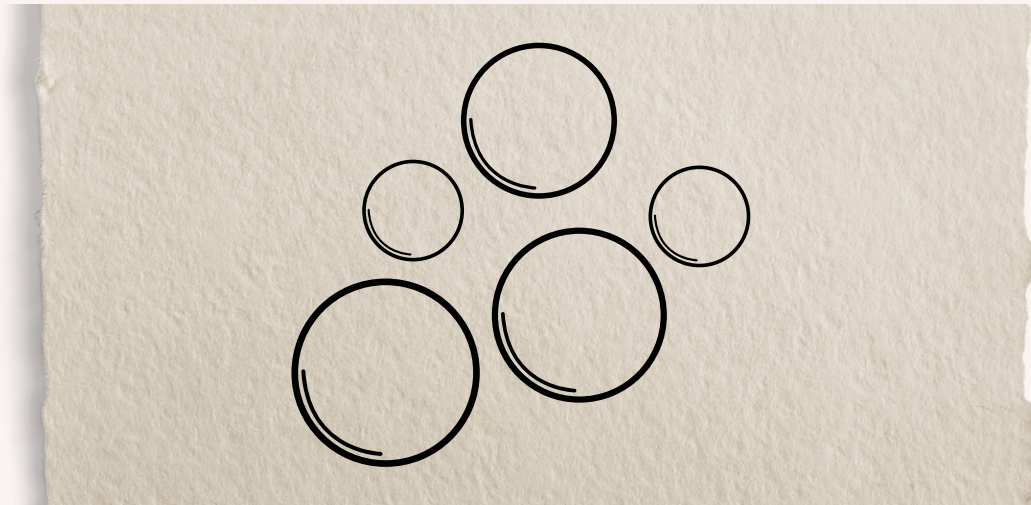
PROMPT 3:

CREATE YOUR CALM SHAPES

Why it works: combines mindfulness, sensory awareness, emotional expression, and color psychology to help calm the nervous system, reduce stress, and enhance present-moment awareness.

Instructions:

1. Choose any shapes—circles, triangles, squiggles—and draw them close to each other on your page.
2. Select colors that feel soothing to you.
3. Color the shapes mindfully, noticing your hand movements and the texture of the paper.
4. Write calming words, affirmations, or doodle patterns inside or around your shapes.



Reflection prompts:

- Take a moment to notice how your body and mind feel.
- Observe any shifts in calmness, focus, or relaxation.

PROMPT 4:

DRAW YOUR SAFE SPACE

Why it works: Activates imagination and visualization for self-regulation and grounding.

Instructions:

1. Imagine a place (real or imaginary) where you feel completely safe.
2. Draw it using shapes, colors, textures, or symbols.
3. Add details that bring comfort — light, objects, nature, people, etc.



Reflection prompts:

- What makes this space feel safe?
- What sensory details (sounds, smells, colors) bring calm?
- How can you carry a piece of this safe space into your day?

PROMPT 5: EMOTION COLLAGE

Why it works: Helps to visualize and release feelings safely. Choosing colors, shapes, and textures engages both the creative and reflective parts of the brain, reducing stress, improving mood, and increasing self-awareness.

Instructions:

1. Gather Materials: Paper, scissors, glue, magazines, colored paper, or any materials you like.
2. Choose Your Emotions: Focus on what you're feeling—anger, sadness, joy, anxiety, calm—and pick colors or images that represent these emotions.
3. Create Your Collage: Arrange and glue your pieces on the page. Let your feelings guide you; there's no right or wrong.
4. Add Words (Optional): Write keywords, phrases, or affirmations that reflect your emotions or bring calm.
5. Be Mindful: Move slowly, notice colors, textures, and shapes. Focus on the process, not the outcome.



Reflection prompts:

- Which emotions stand out most?
- How did choosing colors or textures affect your mood?
- Did any patterns surprise you?
- How does your body feel after this exercise?
- Which positive feeling from this collage would you like to carry forward?




WANT TO EXPLORE ART THERAPY FURTHER?

I'd love to support you in exploring your emotions, creativity, and self-care using Art Therapy tools. In a personalized one-on-one session, we can:

- Use art to process stress, emotions, or challenges
- Discover creative ways to nurture calm and self-awareness
- Explore how Art Therapy can be part of your daily self-care
- Learn how to integrate Art Therapy tools into your professional practice



 **Send me a DM / WhatsApp 00919207664971**
or

 **Click the consultation link below**

Let's work together to help you reconnect with your creativity and well-being.

SCHEDULE A PERSONALISED SESSION

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