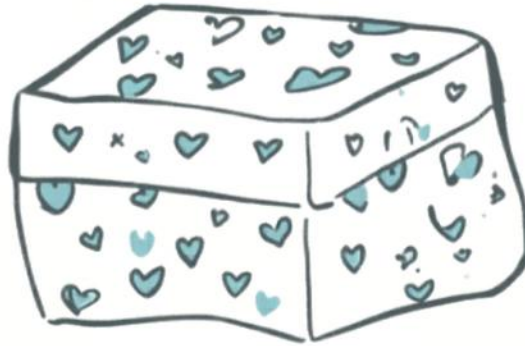


The Healing Box

Try this when: You need comfort and support



You will need

Paper, markers, pencil, paint, paintbrush

20+ minutes

Draw a box and decorate it with symbols that represent love. If you wish, you can use a real box. Inside the box, write notes or paint small symbols that bring you peace, support, or help with honouring your grief. Do this exercise in one sitting, or add to it as ideas come to you.

Self-reflection

What helps comfort you the most? Do you have access to it? Did you add things you have used in the past, or are there new things to integrate? In times of grief, it is especially important to make room for self-care.



Technique developed by Nadia Paredes, former President of the American Art Therapy Association.
Adapted for Well-being toolbox for VET.