

Soothing Spirals

Try this when

You need to calm your nervous system

You will need

Paper, coloured pencils

15+ minutes

Choose five colours that represent calm for you. Using one colour, slowly draw a spiral, starting in the centre of the page and going outwards, while repeating the phrase "Releasing anger". Change the colour and draw the same spiral, but begin at the edges and go inwards. As you do this, say, "Inviting peace in". Repeat the exercise 10 times, alternating the colours.

Self-reflection

Were you able to soothe yourself through art? What was more useful, the phrases or the movement? Could this mean that you can use slow movements to calm yourself when you are feeling angry? Do you prefer auditory reminders, or a combination of words and movement?