

TAP THE STRESS AWAY

Try this when

you want to release stress

You will need

Paper, paint

15 minutes

Instead of bottling up your worries, use finger painting to release some of the accumulated energy. Choose one to three colours to represent your stress or anxiety, then paint a sheet of paper using your fingertips and a tapping movement, similar to playing the piano or typing. Play with speed. First go as fast as you can, then use slow movements.

Self-reflection

Was the sensory experience of the paint pleasant or uncomfortable for you? Sometimes physical movement can increase emotional expression and be cathartic. Which speed felt more aligned with your stress or anxiety? Could this be a sign you need to speed things up for yourself, or should you slow down?