

**HEAD  
STRONG**

*The*

**POWER OF**

*Journaling*

**TO SUPPORT WELLBEING**





# HEAD STRONG



**THIS MONTH WE WANTED TO SPEND SOME TIME THIS THINKING ABOUT THE POWER OF CREATIVITY- ESPECIALLY FOCUSING ON THE ART OF DOODLING.**

**DOODLING CAN BE A FANTASTIC TOOL TO HELP BOOST GOOD MOOD, EXPRESS OURSELVES AND USE OUR IMAGINATION TO SUPPORT OUR WELLBEING. TO MARK NATIONAL DOODLE DAY (MID SEPTEMBER) WE CREATED A SET OF DOODLE RELATED ACTIVITY SHEETS THAT YOU CAN USE FOR YOURSELVES OR WITH YOUNG PEOPLE. EACH CONTAINS A REASON WHY THE ACTIVITY CAN BE HELPFUL.**

## **FILL THIS PAGE WITH FLOWERS**

**FREE DRAWING LIKE THIS CAN HELP OUR MIND HAVE A BREAK FROM TARGET DRIVEN TASKS AND ALLOW IT TIME TO REST AND HELP US RE-FOCUS JUST MINDLESS DOODLING CAN GIVE OUR BRAINS A REST FROM ALL THE COMPLICATED TASKS THEY NEED TO FOCUS ON DURING THE DAY.**

## **COLOUR IN THE FROG**

**COLOURING HELPS TO RELIEVE STRESS. IT CALMS THE BRAIN, CAN IMPROVE SLEEP AND DECREASE FEELINGS OF DEPRESSION AND ANXIETY. IT CAN ALSO BE A GREAT DISTRACTION AS IT HELPS FOCUS OUR ATTENTION AND MIND ON THE TASK IN FRONT OF US.**

## **GIVE THESE CLOUDS EMOTIONS**

**EXPRESSING AND IDENTIFYING OUR EMOTIONS THROUGH CREATIVITY CAN BE A GREAT WAY TO CHECK IN WITH OURSELVES- MAYBE TRY AND DRAW AN EMOTION YOU'VE FELT TODAY.**

## **BREATHING DOODLE**

**DOODLE BREATHING OR BREATH DRAWING CAN BE A FANTASTIC TOOL TO HELP US REGULATE OUR BREATHING WHEN WE FEEL STRESSED. DRAW IN NOW DIRECTION AS YOU BREATHE IN AND THEN CHANGE DIRECTION WHEN YOU BREATHE OUT**

## **HAPPY PLACE DOODLE**

**THIS IS A LITTLE LIKE FINDING YOUR HAPPY PLACE AND CREATING A VISUAL REPRESENTATION THAT YOU CAN USE TO REMIND YOURSELF HOW IT FEELS TO BE THERE. VISUALISATION TECHNIQUES LIKE THIS CAN HELP US FIND CALM DURING TIMES OF ANXIETY OR STRESS AS WE PICTURE OURSELVES IN A PLACE THAT MAKES US FEEL SAFE AND RESTED**





# HEAD STRONG



*Doodle Challenge*



**FILL THIS PAGE WITH**

# *Flowers*



**TOP TIP: FREE DRAWING LIKE THIS  
CAN HELP OUR MIND HAVE A BREAK  
FROM TARGET DRIVEN TASKS AND  
ALLOW IT TIME TO REST AND HELP US  
RE-FOCUS**





# HEAD STRONG

COLOUR IN THE

*Frog*

*Doodle Challenge*



TOP TIP: COLORING HELPS TO  
RELIEVE STRESS. IT CALMS THE  
BRAIN, CAN IMPROVE SLEEP AND  
DECREASE FEELINGS OF  
DEPRESSION AND ANXIETY



# HEAD STRONG

**GIVE THESE  
CLOUDS**

# Emotions



**THIS IS HOW I  
FEEL TODAY**

TOP TIP: EXPRESSING AND  
IDENTIFYING OUR EMOTIONS  
THROUGH CREATIVITY CAN BE A  
GREAT WAY TO CHECK IN WITH  
OURSELVES



# HEAD STRONG

*Noodle Challenge*

## BREATHING

# Noodle

START HERE AND  
CHANGE DIRECTION  
EACH TIME YOU  
INHALE AND EXHALE



TOP TIP: DOODLE BREATHING OR  
BREATH DRAWING CAN BE A  
FANTASTIC TOOL TO HELP US  
REGULATE OUR BREATHING WHEN  
WE FEEL STRESSED

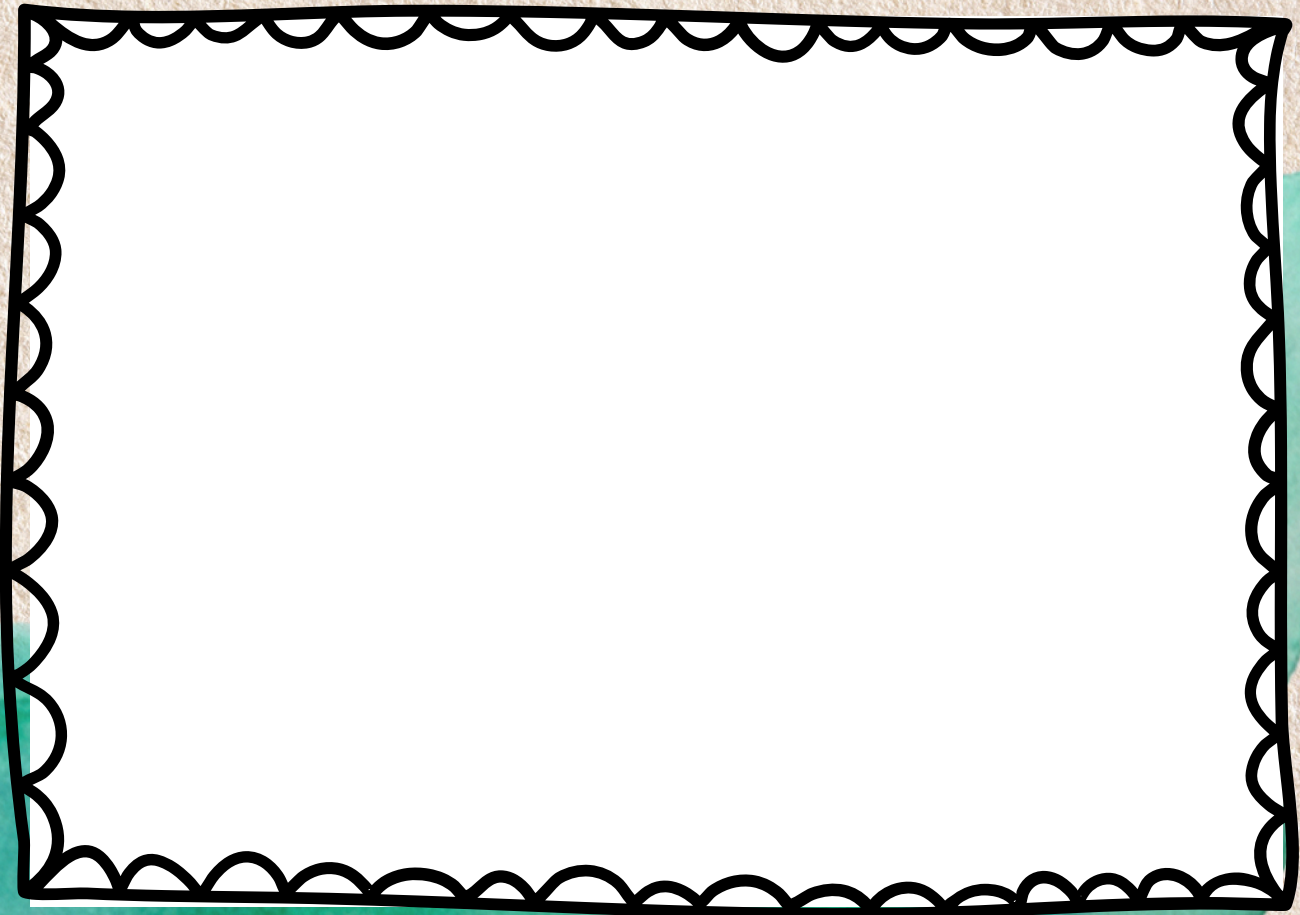


# HEAD STRONG

*Doodle Challenge*

**DRAW A PLACE THAT  
MAKES YOU FEEL**

*Calm*



**TOP TIP: VISUALISATION TECHNIQUES  
LIKE THIS CAN HELP US FIND CALM  
DURING TIMES OF ANXIETY OR STRESS AS  
WE PICTURE OURSELVES IN A PLACE THAT  
MAKES US FEEL SAFE AND RESTED**