

MANDALA DRAWING FOR ANXIETY

A mandala is a sacred, mainly circular geometric design used as an aid to meditation. It represents the universe and our spiritual journey. This ancient art form helps with feelings of anxiety as it requires focused attention to create a repeated pattern in each circle. The repetition of patterns and rhythmic movements help to reduce heightened emotions.

Firstly, create a space of self-care to stop, take some deep breaths and get in touch with your presence to be able to connect with this exercise. Let's begin!!

With a marker or pen, create a repeated pattern in each concentric circle. You may be as detailed or simple as you wish. When you have outlined your pattern use paints, coloured pencils or markers to colour in your creation.

