

# Mindful Doodling

## Synopsis

Mindful doodling can be used to help reduce stress, relieve anxiety, or manage other negative emotions. Some people find that it is helpful for improving their ability to concentrate, as well as increasing their creativity.

So, what is mindful doodling? As the name suggests, it is the practice of doodling while being present in the moment. It means being aware of each line, shape, pattern, or design that you create and being intentional in how you make them. An important aspect of mindful doodling is that it is free from judgement and self-censure. There is no wrong way to create, it is simply being mindful and present in the act of creating.



## Supplies

- Paper
- Drawing utensils – pencils, pens, Sharpies – whatever you feel comfortable using. You may want to start with pencil until you feel more confident in your practice but remember this is not about creating a piece of art, this is about being in the moment and the simple act of creating. There are no mistakes!

## Instructions

- 1) Start by defining your workspace. Draw a border approximately one inch in from the edge of your paper, using a wavy or curved line. The goal is not perfection, which is why we are not attempting straight lines!
- 2) Divide workspace by drawing an Z or S shape to create sections.
- 3) There are many types of doodles that you can use in mindful doodling. We are going to experiment with a few types, focusing on one per section of your workspace.
- 4) Ideas for doodles:
  - a. Geometric shapes – these can be filled with patterns, the shapes can be repeated symmetrically or randomly in the section. Or try varying them by size – one larger shape, surrounded by many smaller ones, for example.
  - b. Nature doodles – leaves, flowers, shells – repeat simple elements of nature to create patterns

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- c. Abstract – this one can be difficult! Try to simply let your – pencil move on the paper, filling in space spontaneously. Use lines, shading, dots, etc. as you fill this section.
  - d. Patterns – one popular type of mindful doodling involves repeated, intricate patterns, within smaller, defined spaces. Examples of these types of patterns are paisley, herringbone, or floral.
- 5) You can try shading one or more of your designs. Try adding color to a different section or using a black pen or fine-tip marker to outline elements of a different section. Clean up the edges of your finished doodles with an eraser.
  - 6) Remember that this is a process. It should take time to fill in your workspace. Try to stay in each moment and pay attention to each stroke of your pencil. Be deliberate and thoughtful as you add each element to your final doodles, but most importantly enjoy the process of creating!
  - 7) Other ideas include patterned borders that can be used to embellish cards, envelopes, or notes, and mandalas. Mandalas are abstract circular drawings that can be simple or very intricate depending on your preference. They build from the center out, using repeated elements to create your design.