



Relieving Stress & Anxiety

From minor challenges to major crises, stress is part of life.

While you can't always control your circumstances,
you can control how you respond to them.

When stress and anxiety become overwhelming, or chronic,
it can take a toll on your well-being. That's why it's important to have
effective stress relievers that can calm your mind and your body.

Spontaneous drawing has been scientifically proven to decrease stress.
The rhythmic motion of Doodling activates the desired relaxation
response in the brain.

Even five minute Doodling exercises are enough to help you feel better
by lowering the stress hormone cortisol.

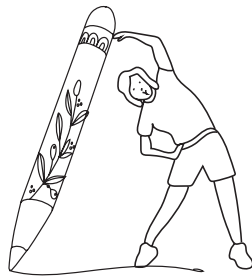
Let the Doodle begin ...

Melissa x

For more activities visit: www.doodlelovely.com

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Doodle Stretch

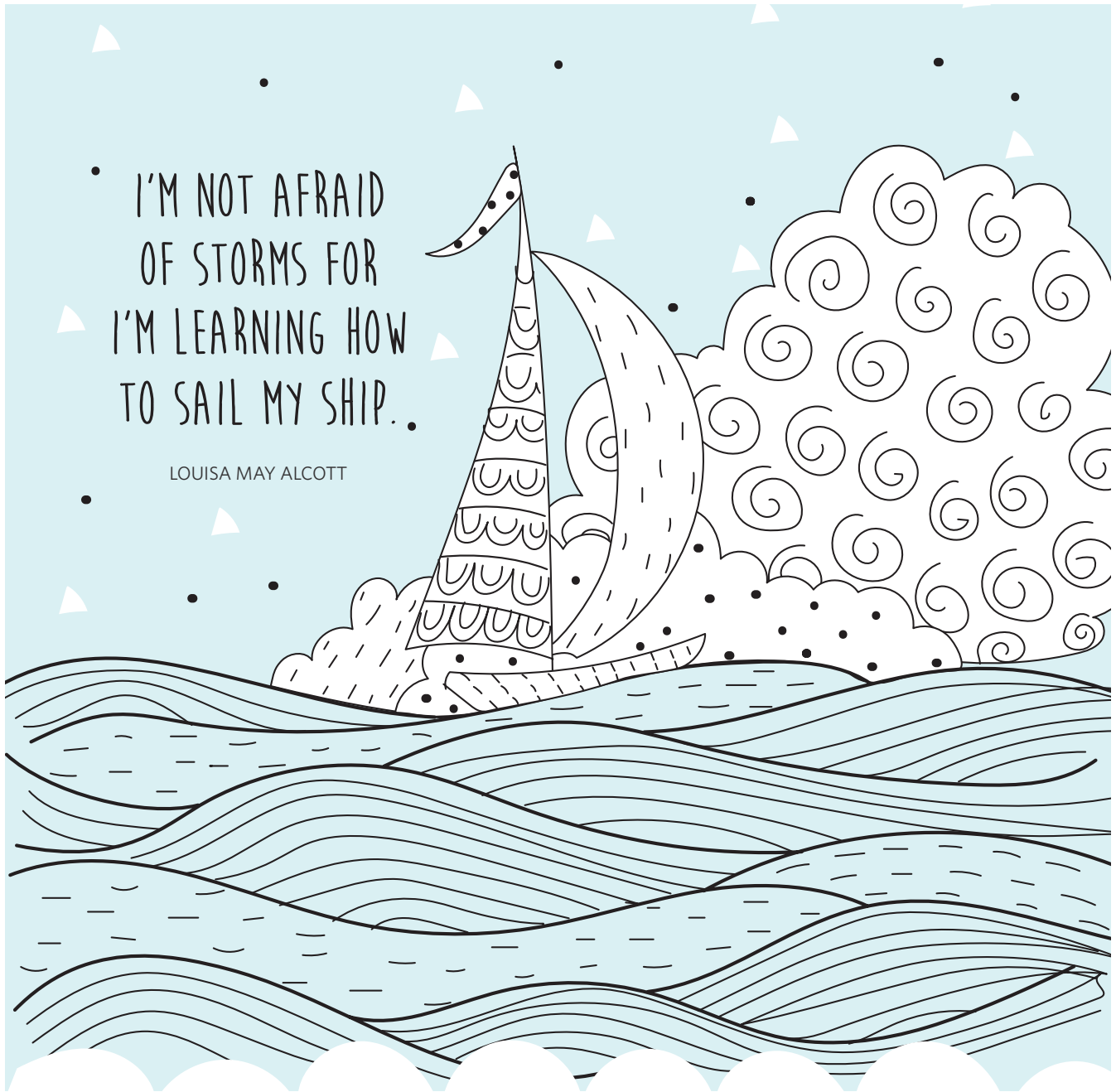
Release Your Stress *(20 seconds)*

To start, try this warm up using a piece of paper (letterhead size or larger).
Let your favourite mark making tool start doodling a figure eight continuously
for at least 20 seconds.

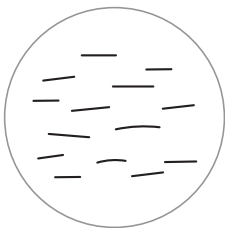
Let your mind wander and your stress start to melt away. Remember not to set
any expectations while you are doodling, just enjoy the quietness you
are bringing to your mind!

Have you ever tried a Doodle By Number™?

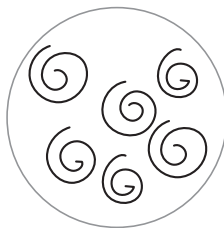
If not, print off the next page and follow the numbers to match your Doodles,
or create your own! All you have to do is ... *Just Doodle It!*



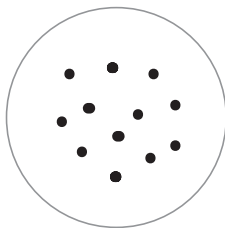
1 - Dashed Lines



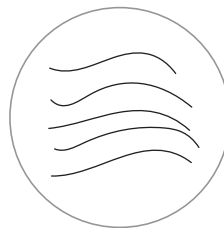
2 - Spirals



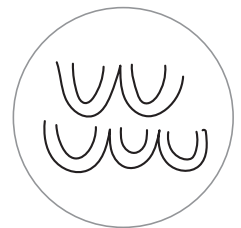
3 - Dots



4 - Wavy Lines



5 - Double Scallops



I'M NOT AFRAID
OF STORMS FOR
I'M LEARNING HOW
TO SAIL MY SHIP.

LOUISA MAY ALCOTT

