



A Guide to Art Journaling

Art journaling is combining images and words on paper to help you address feelings, hopes, or fears. There are lots of different types of art journaling, so there is no wrong way to do it. We encourage experimentation, finding what works, and seeing what you enjoy the most. It can help you work through difficult emotions or decisions in a healing way.

We believe that art can help the healing process, encourage self-reflection, imagination, and appreciation of beauty.

—Fred Slunecka—

How to Get Started:

- 01** Decide if you want to use your journal or a piece of paper.
- 02** Pick the supplies you want to use. Less is more, don't feel like you have to use everything.
- 03** Start with a word, an image, a color, or an emotion and go from there.
- 04** Put everything down on your paper. Remember, this doesn't have to be perfect.
- 05** Date your work. As you look back you'll see how far you've come or themes that show up continually in your work

Ideas to try:

- What is one thing you've learned that you think will make a difference to your healing? Start there.
- What color do you find comforting? Utilize it in your art journaling page.
- What's a quote that speaks to you? Write it down and find images to illustrate it.
- What do you want more of in your life? Make an entire page about that.
- What's your favorite animal? How can it help you on your healing journey?
- What are you feeling right now? Without using the word, make a page that shows that emotion.
- Write out everything that you're feeling and then cover it completely with colors or images.
- Who do you want to be from this moment on?



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