



The goal of Mindful Doodling is to fully engage with your doodles in a meditative way. It requires slowing down, focusing on the paper and pen and doodling repeatedly with full intent. Thus, you become present in the moment.

Thus, mindful doodling:

- focuses the mind
- calms the body and mind
- relieves stress
- encourages relaxation
- increases your sense of wellbeing
- replaces negative or bored habits
- allows you to be present and aware

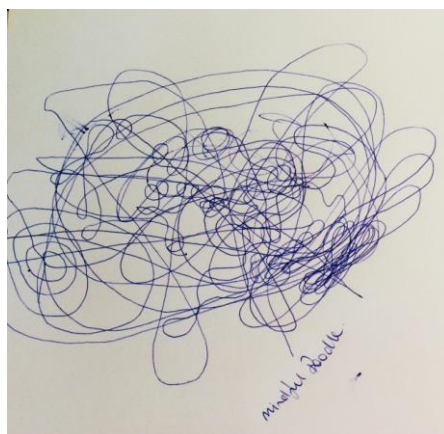


This wonderful warm up exercise can be as long or as short as you like and is a great way to take a pause in this helter skelter world we live and work in.

1. Find an A4 piece of paper and a pen or pencil. Sit comfortably, holding your pen or pencil as you would normally. Keep the tip resting on the paper.
2. Take a few moments to focus on the feeling of your pen or pencil between your fingers. This is something we do almost every day - we write, we sign our name, we jot down notes but

very rarely do we pay attention to how it actually feels to hold a pen/pencil in our hands.

3. Now close your eyes.
4. Notice your pen or pencil pressing against your fingers, pressing against different parts of your hand...your knuckles...the soft pad of your finger.
5. What is the surface of the pen/pencil like? How does it feel?
6. Experiment with how you are holding your pencil...tightly....loosely. Can you hold it so that it feels poised yet relaxed?
7. When you are ready start to make some simple shapes on the paper - all the time keeping your eyes closed. Continuous circles, spirals, zig zags....just go with whatever feels good.
8. Keep your eyes closed and resist the urge to peek no matter what happens. Just doodle....just make marks for the joy of it...instinctive and enjoyable.
9. When you feel yourself getting tired, perhaps a little bored or feel some tension in your body or hand, change something...another shape, your posture, your grip of the pencil or pen.
10. Keep coming back to the sensation of your hand drawing, brushing against the paper and keep doodling until you want to stop.



Now that you have warmed up, choose your paper, pen or pencils and start doodling.

Remember: There are NO mistakes. So, no erasing is allowed. Embrace the mark you have made and use it to continue your

meditative journey of mindfully doodling. Doodling purely for mindfulness is not about the picture you create. It is about the journey you take for creating the doodle. The act of doodling is where the magic actually happens in terms of mindfulness, not the finished drawing.

Top Tips:

You can use any size paper you desire. It can be as small as a post it note or as large as a poster. It is up to you. However, I suggest that in the beginning you start on a smaller sheet as you get the hang of this mindfulness activity. The finer the points of the pens/markers, the finer the detail will be in the doodles. Playing music whilst doodling is also something that some people find helps with this activity.

Happy doodling

