

ART JOURNAL

Art journaling allows us access to new knowledge and understanding about our feelings and the type of person that we are. **Combining art with keeping a journal** doesn't have to be complicated, by taking time to art journal (just 15 minutes a day or even just an hour a week) your life will be enriched abundantly. Art journaling creates a deeper sense of self-awareness, empowers us, inspires us, encourages us, and can move us in powerful ways.

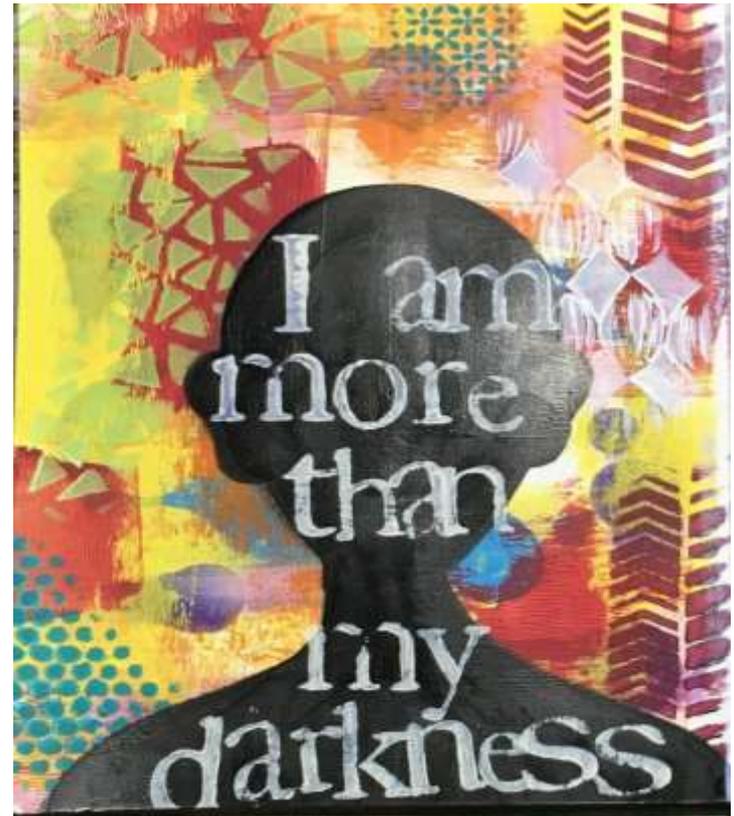
A few of the many benefits of art journaling:

- Eases the stresses of life by getting the chaos inside our heads down on paper
- Allows us time in the "right side" of our brain, where creativity reigns supreme and problems are more easily solved.
- The artsy stuff makes every day different, which keeps us motivated to record our stories, feelings, and ideas.
- We can "see" our own thoughts. Sometimes, when we read back what we've read, we'll gain instant insight as to what we need to do to move forward in a particular situation.
- It's a creative outlet, but it's also a very productive one, journaling is a very important part of the human experience.
- Helps us learn to **enjoy the process of creativity** *instead of stressing over the outcome.*

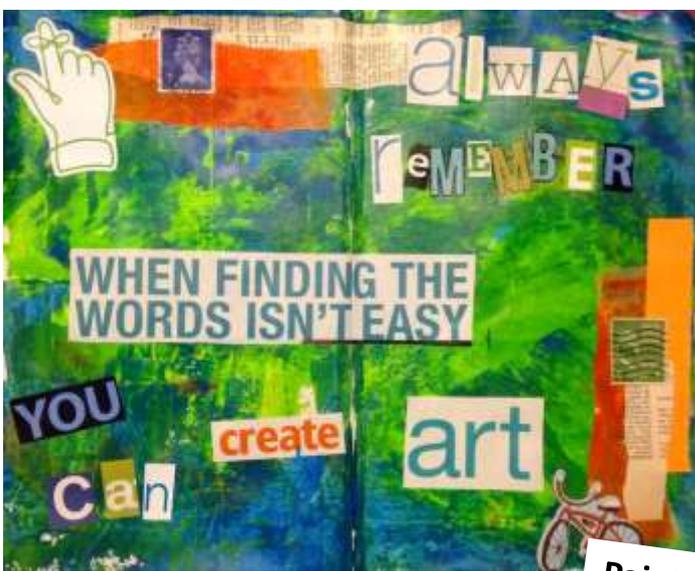
•**Digital Art Journaling**=Using a computer program like Photoshop to create journal pages

•**Hybrid Art Journaling**=Combines digital and mixed-media together

•**Mixed-Media Art Journaling**=Using physical paper and tangible art supplies to create journal pages



example



Painting



Mono printing



Collage



Drawing

Ink

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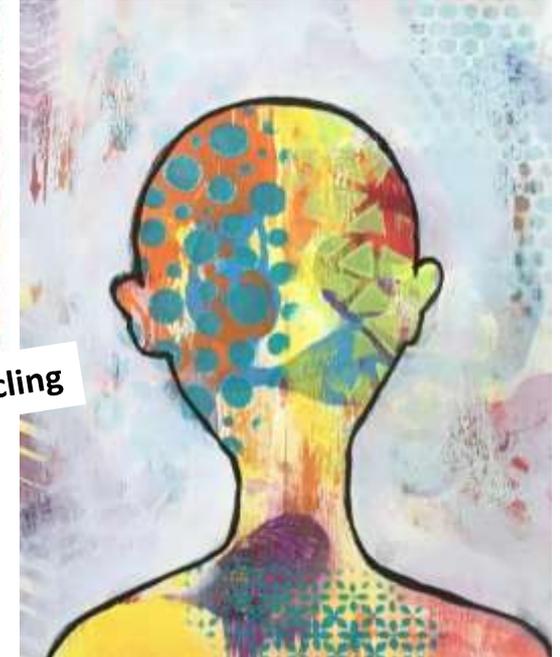
What does an art journal look like?



Mix Media



Printmaking



Recycling

By doing some or all of the activities in this PowerPoint will help you understand your emotions and deal with your feelings. The aim is that you focus and stay happy and positive.