





On the first page you will find a blank body shape ready to fill in. You may want to make your own or there are many available online by searching 'body drawing outline' or similar. If you have large enough paper or even an old roll of wall paper you may want to make real size body drawings by taking it in turns to draw around each other. On the second page is an example of one filled in. Yours may look very different. Remember that there is no right or wrong with this as it is your drawing, expression and interpretation to help you understand how worry impacts your body and giving you a way to share this experience with others.

### How to use

- Spend some time with your eyes close, starting from the feet up, noticing how your body feels.
- Use coloured drawing materials to fill in the map using line, shape, colours, symbols etc to reflect or represent these feelings in your body, trying to work as intuitively and spontaneously as possible.

### Mandalas for relaxation or distraction

Mandalas are a drawing inside a circle. Often they are repetitive patterns but don't have to be. They can be a useful, easy and accessible way of being creative and can have a relaxing and meditative aspects. Simply draw around a circular object such as a bowl and start drawing inside. (Tip if you don't know where to start just make a single mark on the page and develop your image from there). If you want to think about them further you may want to think of a title or ask yourself if there are any word, memory's or feeling which would go with the image. By using them like this it can be a useful way of checking in with your self and how you are feeling. Or you may simply want to leave it as an engaging, relaxing and distracting activity.

If you want examples there are many online.