



7 PRINCIPLES OF MINDFULNESS

1. **NON-JUDGING**—COMMENTS ABOUT LIKING OR DISLIKING THE ART NOT BENEFICIAL TO THE PRACTICE.

2. **PATIENCE**—BE COMPLETELY IN THE MOMENT. BRING ATTENTION BACK TO THE BREATH AND THE ART.

3. **BEGINNER'S MIND**—FORGET WHATEVER "RULES" OR ASSUMPTIONS YOU HAVE ABOUT ART OR YOURSELF AS AN ARTIST. APPROACH ART-MAKING WITH CURIOSITY RATHER THAN FEAR.

4. **TRUST**—LEARN TO TRUST YOUR INTUITION ABOUT WHAT TO DO NEXT, WHAT MATERIALS TO CHOOSE, HOW TO MOVE. THE GOAL IS FREEDOM.

5. **NON-STRIVING**—"PROCESS NOT PRODUCT"; "IT'S NOT JUST ABOUT CREATIVITY. IT'S ABOUT WHO WE'RE BECOMING WHILE WE ARE BEING CREATIVE."

6. **ACCEPTANCE**—START WHERE YOU ARE AND BE KIND TO YOURSELF ABOUT YOUR ABILITIES AND EXPERIENCE.

7. **LETTING GO**—TENDENCY TO HOLD ON TO POSITIVE AND REJECT NEGATIVE. PRACTICE NON-ATTACHMENT WITH OUTCOME. IT'S A PRACTICE. PROCESS, NOT PRODUCT!

MOUNTAIN CREATIVE ARTS COUNSELING

Kara Ashley-Gilmore is a Licensed counselor, Art Therapist, and mixed-media artist. She provides individual and group counseling to those who feel crushed by the weight of their anxieties, and want to live more present lives.



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MINDFUL ART MAKING

EXERCISES TO LOWER YOUR STRESS LEVEL AND STAY IN THE MOMENT

By Kara Ashley-Gilmore

THE DOT METHOD

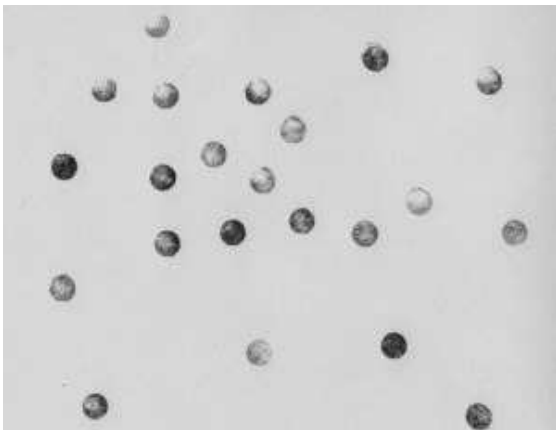
Repetitive dot-making decreases anxiety and promotes a relaxation response by lowering the heart rate, lowering the blood pressure, and stabilizing breathing.

Time: 10 Minutes

Supplies:

The eraser end of a pencil
A black stamp pad
A blank sheet of paper

Directions: Set a timer for 10 minutes. During this time, create an artwork using the eraser end of your pencil to make dots on your paper, whichever way you choose. Keanu focuses on different lighting shots and mostly light typography



CONCENTRIC CIRCLE DRAWING

Time: 10-20 Minutes

Supplies:

A black marker, pen, or pencil
A blank sheet of paper

Directions: Draw a small circle on your paper. Draw a circle around that circle. Draw another circle around those two circles. Continue until you run out of space. Choose another place on your paper and repeat. Don't stop until you run out of time. Your circles can be as big or as small as you would like. They can overlap, or be in their own space. There is no wrong way to draw; just draw circles within other circles until your time is up.

CONTINUOUS LINE DRAWING

A continuous line drawing is drawing without lifting your pen. In this exercise, we do not have an end goal-or final picture- in mind.

Time: 10 Minutes

Supplies:

A black marker, pen, or pencil
A blank sheet of paper

Directions: Take a deep breath. Set your timer for ten minutes. Place your pen on the paper and draw. Do not stop or lift up your pen until your timer goes off. It's okay if what you have on your page is nothing more than a scribble.

