

T O P I C

05

NEUROGRAPHICA NEUROGRAPHICA® FOR STRESS RELIEF

In this topic you will learn how to use Neurographica, a creative art therapy method, to manage and alleviate stress, foster emotional balance and mental clarity.



The contents herein are for informational and educational purposes only and are not intended as medical advice, diagnosis, or treatment. Always consult a qualified healthcare professional for any medical concerns or decisions.

LEARNING OBJECTIVES

THIS TOPIC IS DESIGNED AROUND THE FOLLOWING MAIN LEARNING OBJECTIVES:

01

Understand Neurographica Principles

Learn the foundational concepts and benefits of Neurographica as a technique for transforming and alleviating work-related stress.

02

Master Basic Techniques

Master the essential steps involved in creating Neurographica drawing for stress-relief.

03

Practice Stress Relief Drawing

Engage in hands-on Neurographica drawing exercises designed to provide immediate relief from work-related stress and tension.

04

Create a Conducive Environment

Learn how to set up a quiet, comfortable, and distraction-free environment to maximize the benefits of your Neurographica sessions.

05

Integrate Journaling with Neurographica

Combine the reflective practice of journaling with Neurographica to enhance emotional release and gain valuable insights into managing work-related stress.

06

Reflect and Apply Insights

Develop the ability to reflect on your drawings and journaling, integrating new perspectives and solutions into your work life for long-term stress management and emotional well-being.

COMPETENCES

THIS TRAINING CONTENT IS DESIGNED TO HELP YOU ACQUIRE THE FOLLOWING COMPETENCES:

- 01 **Self-perception:** Observe and interpret one's own behaviours, thoughts, and feelings, and using those observations and interpretations to define oneself.
- 02 **Self-regulation:** Ability to understand and manage your behaviour and your reactions to feelings and things happening around you.
- 03 **Building Positive Working Relationships:** Developing and using collaborative relationships to facilitate the accomplishment of work goals.
- 04 **Sociability:** Interact and relate effortlessly with other people. Being able to make contacts with others and develop social activities.
- 05 **Self-organization:** Effectively organize one's schedule of activities, establishing the necessary priorities and organizing your daily routine in the most efficient way possible.
- 06 **Initiative:** Taking prompt action to accomplish objectives; taking action to achieve goals beyond what is required; being proactive.
- 07 **Time Management:** The ability to use one's time effectively or productively, especially at work.
- 08 **Wide range of interests:** Show a wide range of personal and professional interests. Show interest and motivation for many different aspects of personal and professional life and cultural, social, scientific, artistic, technical knowledge, etc.

INTRODUCTION TO NEUROGRAPHICA® AS A TOOL FOR STRESS RELIEF

What is Neurographica®

Neurographica® is a copyrighted psychological method that combines art and psychology to promote self-expression, stress relief, and personal growth. It was developed by a Russian psychologist Prof. Dr. Pavel Piskarev in 2014. The method involves drawing simple geometric shapes (circle, triangle, square) and special lines, called Neurolines, while focusing on specific intentions or emotions.

Neurographica® is based on the idea that our thoughts, emotions, and beliefs can be represented by abstract symbols and images. By engaging in the creative process of drawing, Neurographica aims to help individuals access their subconscious mind and explore their inner experiences. It can be used as a tool for self-reflection, problem-solving, and emotional release.

It's important to note that Neurographica is not a substitute for professional therapy or medical treatment.



However, applied by a certified specialist, it can be a complementary practice to support your overall well-being and stress management.

The process of creating Neurographica art engages both the conscious and subconscious mind, fostering self-awareness and emotional release.

Copyright, Levels of rights

The method Neurographica® is copyrighted by its creator prof. Pavel Piskarev.

Only instructors certified by Psychology of Creativity Institute have the rights to teach the method. Only specialists certified by Psychology of Creativity Institute have the rights to use the method in their professional activity in working with other people.

Who Can Benefit From Using Neurographica?

- Employees experiencing high levels of stress or burnout.
- Managers and leaders looking for creative stress management techniques for themselves and their teams.
- Remote workers needing a break from the isolation and pressure of working from home.
- Anyone interested in exploring art as a therapeutic tool to enhance workplace well-being.

Why Use Neurographica for Work-Related Stress Relief?

Neurographica promotes

Mindfulness:

Engaging in Neurographica helps you focus on the present moment, diverting your attention from workplace stressors and promoting a sense of calm.

Neurographica encourages

Emotional Expression:

The technique allows you to express and process work-related emotions visually, leading to emotional clarity and relief.

Neurographica enhances

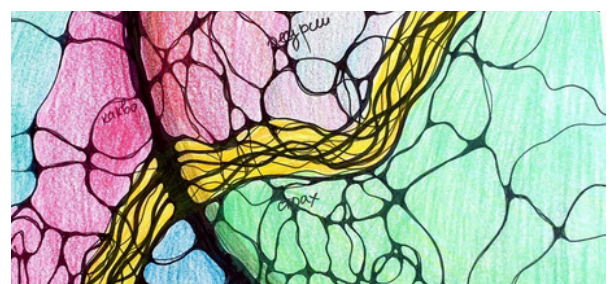
Creativity:

Neurographica taps into your creative potential, providing a healthy outlet for stress and enhancing problem-solving skills that are vital in the workplace.

Neurographica stimulates

Neuroplasticity:

The practice encourages the brain to form new neural connections, promoting mental flexibility and resilience, which are essential for adapting to workplace challenges.



How Neurographica® Works

The emergence of visual cognition predates the development of verbal communication. Sketching acts as a vehicle for both internal and external dialogues, enabling us to engage with ourselves, others, or the Universe.

Each person possesses a distinct perspective when confronted with a specific issue, task, or circumstance. Through the application of Neurographica®, our creations on the page take the form of imagery, symbols that embody the essence of these situations, carrying profound meaning. By observing the metamorphosis of these symbols beneath our fingertips, we transform our perception of the situation and discover solutions to the problems at hand.

Moreover, the graphical alphabet of Neurographica® empowers us to shape the desired outcome and simulate our own version of reality. Essentially, there are no limits to what can be visually portrayed and thus achieved!

Neurographica® grants us the ability to illustrate both the past and the future, construct models representing relationships, capture dreams, emotions, and any other phenomenon. Within a single Neurographica® drawing, we can harmonize the most conflicting elements using a marker.

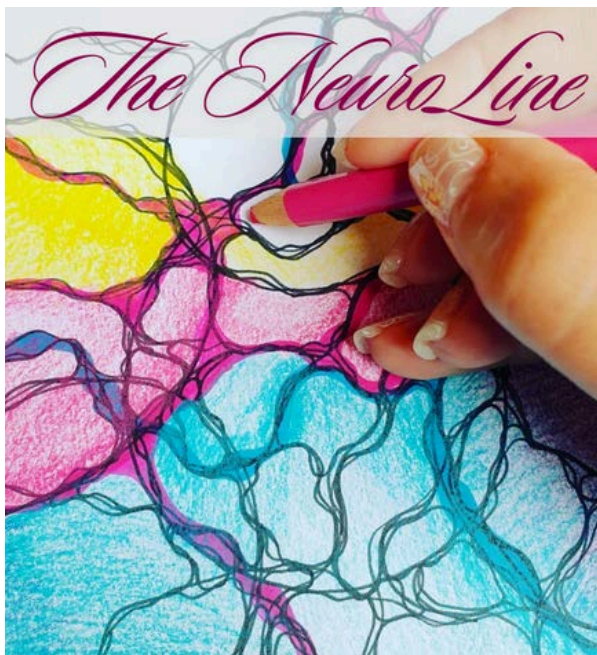


NEUROGRAPHICA® BASICS

Materials

To practice Neurographica® you need:

- Black marker 0.5 – 0.7 mm (We recommended having a spare)
- Thick black marker 1.5 – 3 mm
- Color pencils
- A4 paper (regular copy paper works fine, but you'll get better results with 120 g/m2)



Neurographical line (Neuroline)

Neuroline is a very specific line which:

- goes (or we lead it) where we don't expect to see it
- it doesn't repeat itself at any part of its way

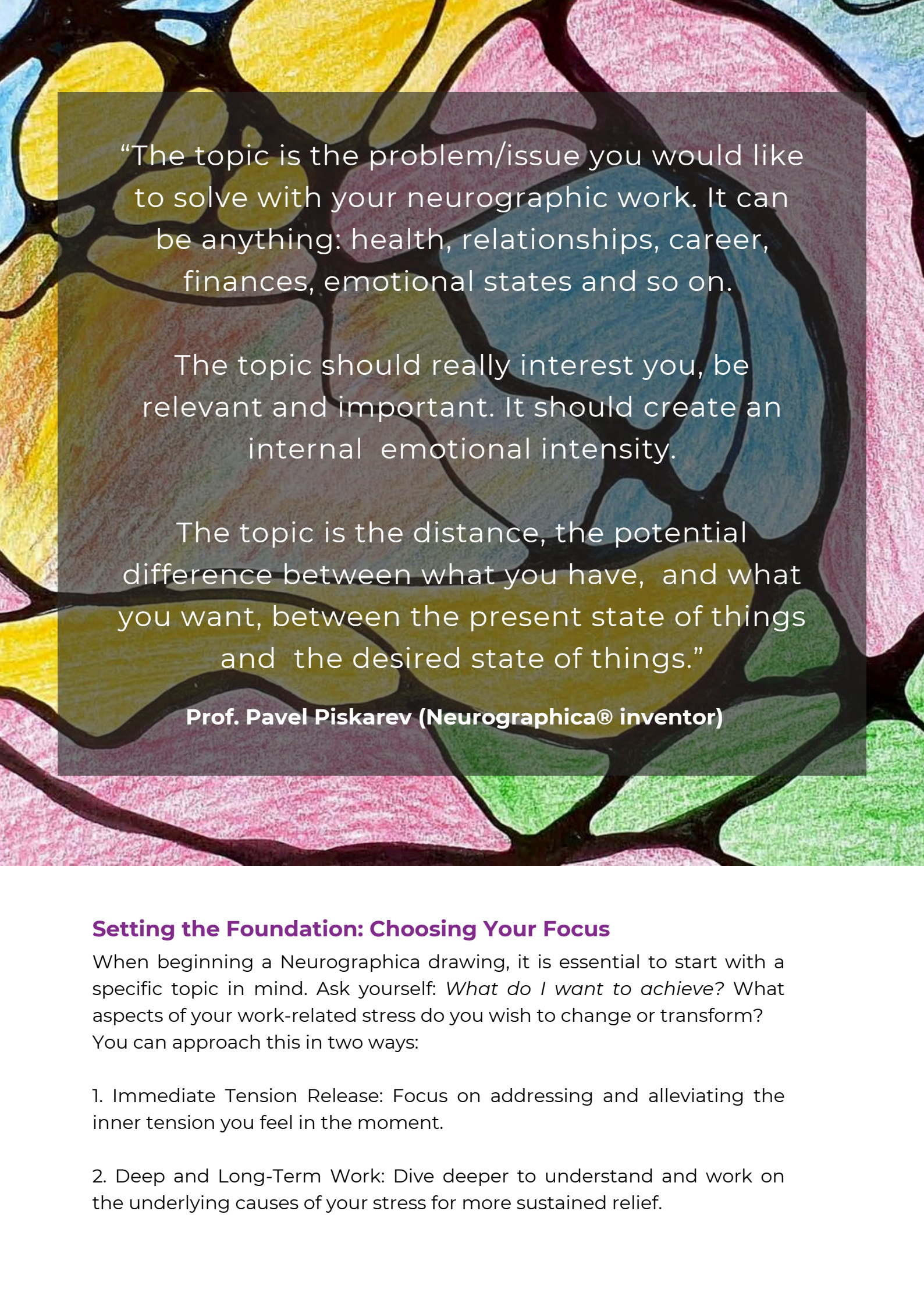
It is recommend to practice it using the video below before starting your first drawing:

UNDERSTANDING THE NEUROLINE

Conjoining (rounding)

The rounding (conjoining) is another very specific element of the process that you need to train in order to draw Neurographica® properly. It is a special unique technique of connecting lines, figures, objects, which consists in rounding the corners formed at their intersection. Follow the video below:

MASTERING CONJOINING (ROUNDING)



“The topic is the problem/issue you would like to solve with your neurographic work. It can be anything: health, relationships, career, finances, emotional states and so on.

The topic should really interest you, be relevant and important. It should create an internal emotional intensity.

The topic is the distance, the potential difference between what you have, and what you want, between the present state of things and the desired state of things.”

Prof. Pavel Piskarev (Neurographica® inventor)

Setting the Foundation: Choosing Your Focus

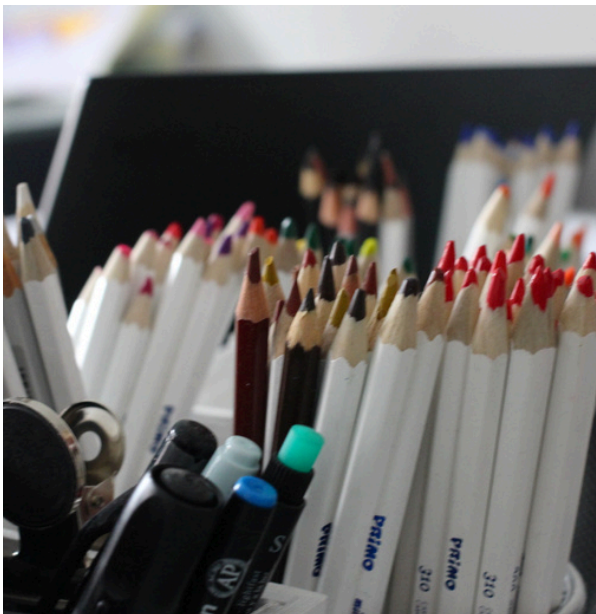
When beginning a Neurographica drawing, it is essential to start with a specific topic in mind. Ask yourself: *What do I want to achieve?* What aspects of your work-related stress do you wish to change or transform? You can approach this in two ways:

1. Immediate Tension Release: Focus on addressing and alleviating the inner tension you feel in the moment.
2. Deep and Long-Term Work: Dive deeper to understand and work on the underlying causes of your stress for more sustained relief.

Tension Release with Neurographica

One of the best working Neurographica models for immediate tension release is the fundamental algorithm - Algorithm for Removing Limitations (ARL).

When applied to work-related stress, ARL helps to navigate and dissolve the limitations causing tension in your professional and personal life.



Preparation

Find a Quiet Space:

Choose a tranquil location where you can dedicate at least one hour to your Neurographica drawing without interruptions.

Gather Materials:

Ensure you have all necessary materials ready, including paper, markers or pens, and a glass of water.

Eliminate Distractions:

Remove any sources of noise or distractions from your environment to maintain focus during the drawing process.

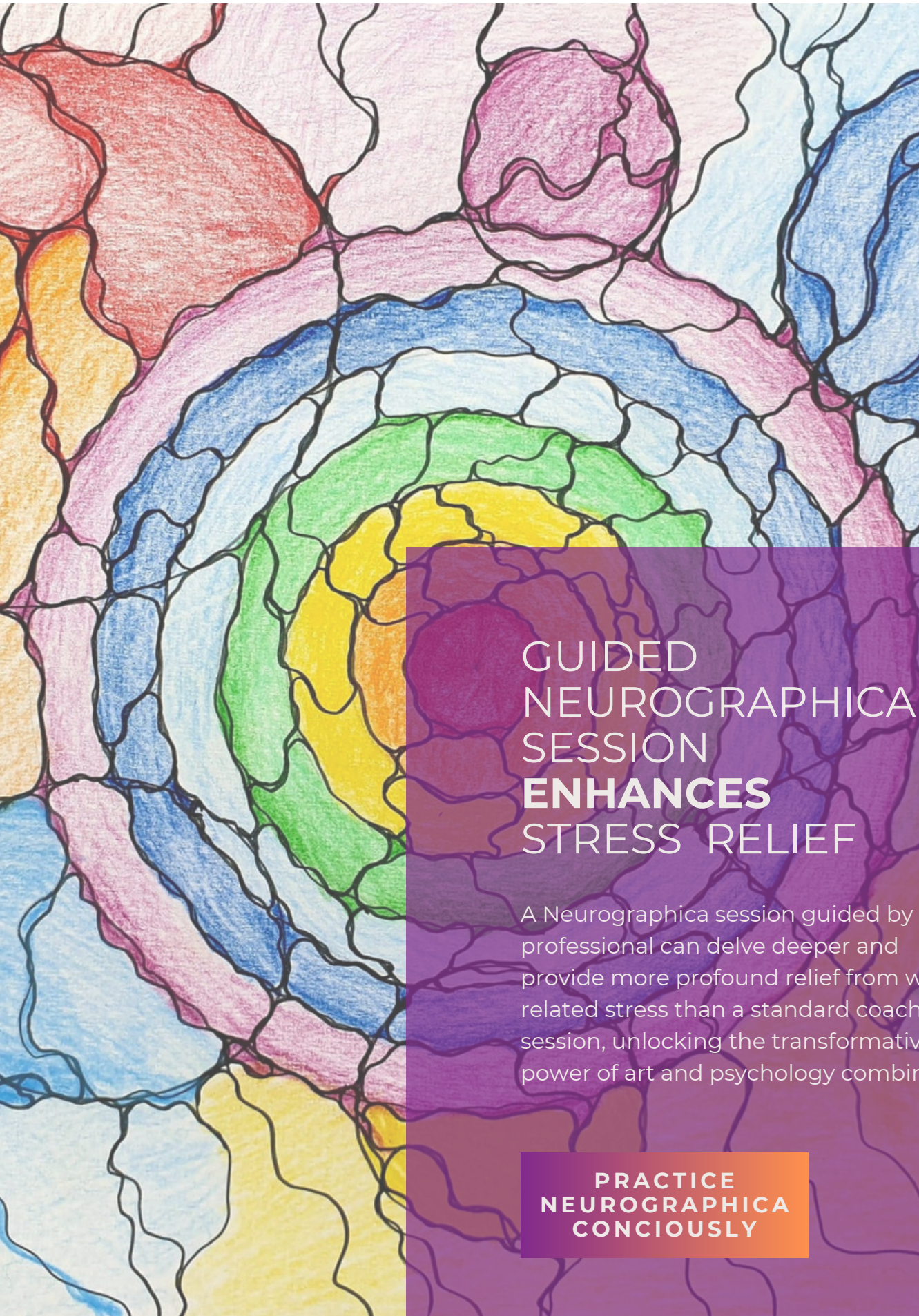
Center Yourself:

Take a moment to tune into yourself. Pay attention to your thoughts, feelings, emotions, and body sensations, preparing to channel them into your art.

Identify Your Work-Related Stressor:

Begin by pinpointing a specific work-related issue that is causing you stress. This could be a challenging project, a difficult coworker, or overwhelming workload.

DID YOU KNOW



GUIDED NEUROGRAPHICA SESSION **ENHANCES** STRESS RELIEF

A Neurographica session guided by a professional can delve deeper and provide more profound relief from work-related stress than a standard coaching session, unlocking the transformative power of art and psychology combined.

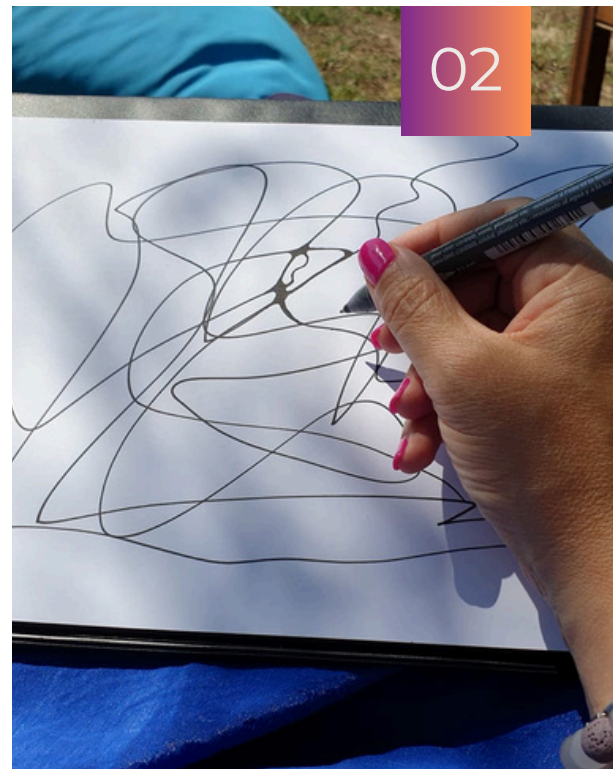
**PRACTICE
NEUROGRAPHICA
CONCIOUSLY**

BASIC NEUROGRAPHICA DRAWING TO RELIEVE WORK-RELATED STRESS



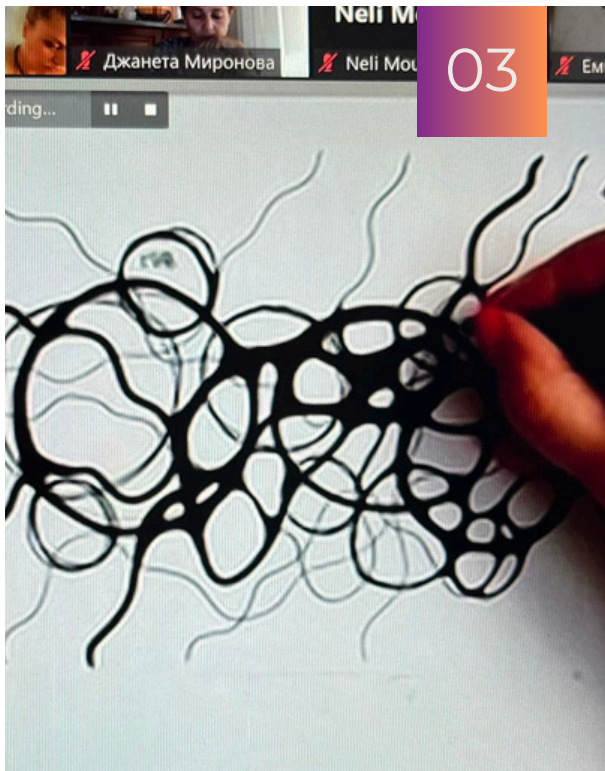
1. Tuning

- Write down your work-related stressor or intention in one word.
- Set a timer for 2 minutes and write down all the words that come to mind, whether they are connected to the stressor or not.
- Count the words. If you have fewer than 14, repeat the exercise.



2. Catharsis

Focus on the tip of your marker, channeling all your stress and anxiety and release the tension you feel about the work stressor onto the paper for 3 seconds.



3. Rounding, Conjoining

Begin rounding all intersections on your sheet.

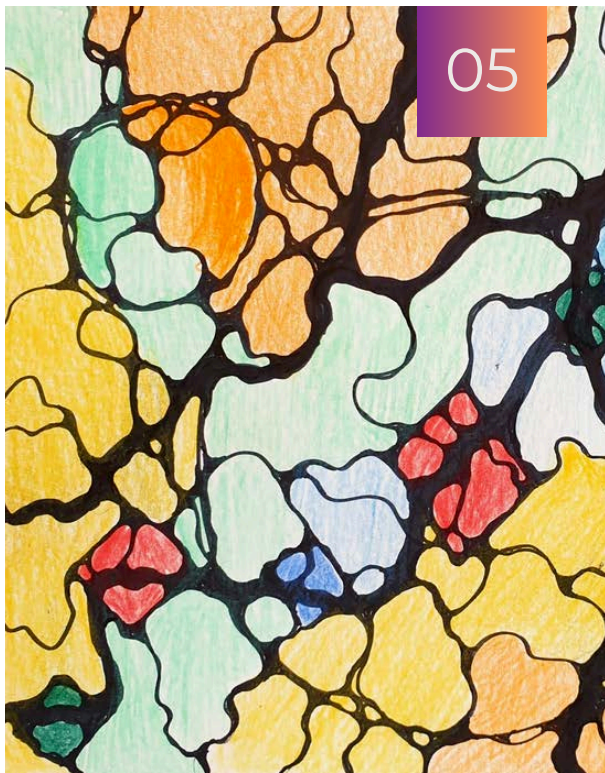
- Pay attention to intersecting lines and shapes and soften the angles to create rounded, flowing connections.
- This process symbolizes harmonizing conflicting emotions and thoughts, facilitating resolution.
- Take your time with this step, which may take 15 minutes or more. Observe your thoughts, feelings, and body sensations.
- Write down any notable changes in your thoughts, feelings, or body sensations. It is normal to feel light pain, headaches, tingling, warmth, or cold.

- Remember to drink water and breathe deeply during the process.



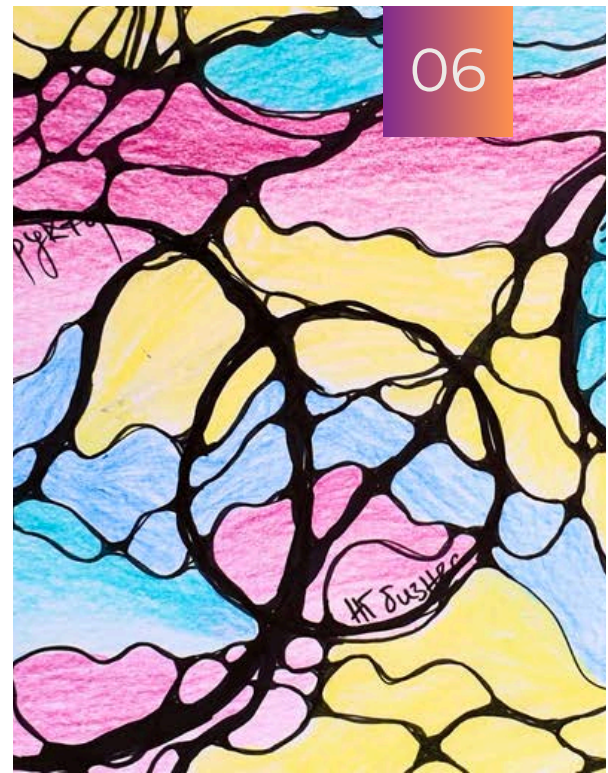
4. Integration

- **Background:** Draw neuro lines connecting the initial shape with the edges of your sheet. These free-flowing, interconnected lines should fill the white spaces of the sheet. This represents the interconnectedness of your thoughts and emotions, expanding beyond the initial stressor.
- **Archotyping:** Color your drawing as you feel, ensuring at least two neighboring cells are the same color. At this stage, you should already feel calmer and relieved, noticing a shift in your perspective towards the stressor.



5. Field lines

- Draw field lines that run through the entire drawing, thicker and more visible than other neuro lines
- Round the corners formed at intersections. Field lines represent your topic and carry the solution into space, tapping into spiritual energy and triggering synchronicity.



6. Affixing

- Highlight the most significant figure in your drawing with a black or dark marker.
- Choose the figure that seems ideal for solving your work-related stress. Ensure the drawing looks beautiful and pleasing to you.

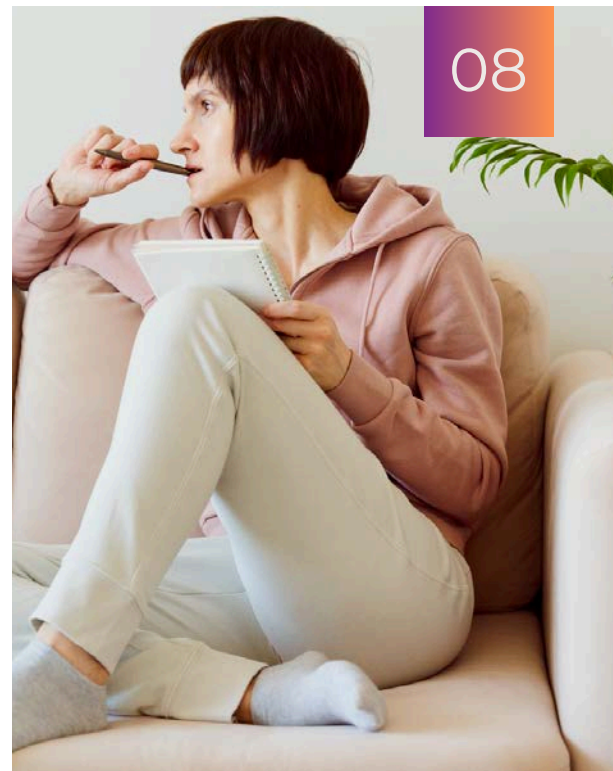


7. Stylization

- Contemplate your drawing, feeling the impression it leaves on you.
- If you want to round more intersections or add colors and shades, do so.
- Finish your artwork so that it brings you pleasure and satisfaction when you look at it.

Through the transformative power of Neurographica, we can turn our work-related stress into a canvas of interconnected lines and colors, harmonizing our emotions and finding calm within the chaos. It is recommended to practice drawing Neurographica several times using guided videos for better results. You can find a guided session in the link below and also in the experiential activities section further below.

For more guided sessions with free access, visit [Neurographica Training Center on Patreon](#). For more information on all steps of the drawing and their psychological background, visit [Neurographica Online](#).



8. Topic 2.0

- Observe your drawing and reflect on your thoughts, feelings, and body sensations.
- Notice how your initial topic has changed during the drawing process. Contemplate on what it means to you now.



YOUR CALL TO ACT

Begin Your First Neurographica Drawing

Now that you understand the principles and benefits of Neurographica, it's time to put theory into practice. Transform your work-related stress into a creative and calming experience. Gather your materials, find a quiet space, and dedicate this time to yourself. Start your first Neurographica drawing now and embark on a journey to relieve stress and find inner peace. Your path to a more balanced work life begins with this first step.

Follow the instructions in the guided video lesson below. Let's draw away the stress!

REDUCING ANGER AND BALANCING EMOTIONS (GUIDED NEUROGRAPHICA VIDEO SESSION)

TRY THIS:

- Dedicate 2 hours to yourself.
- Prepare three A4 sheets, 2 black markers, 3-4 color pencils and a glass of water.
- Follow the steps described in the guided video if you are a beginner.
- Enjoy the process!

GOOD VS. BAD PRACTICES

Effectively using Neurographica can transform how you manage work-related stress and prevent burnout for a healthier, more balanced work life.

GOOD PRACTICES:

- **Regular Practice:** Dedicate regular time to Neurographica drawing sessions, integrating it into your weekly routine. Consistency helps in maintaining emotional balance and proactively managing stress. Regular practice can help in preventing the buildup of stress and reduce the risk of burnout, promoting overall well-being.
- **Mindful Intention Setting:** Begin each drawing session by clearly defining your intention related to work stress. Whether it's overcoming a specific challenge or achieving a sense of calm, having a focused intention guides the process. This helps in channeling your efforts effectively, leading to more meaningful and impactful outcomes.
- **Creating a Stress-Free Environment:** Ensure your drawing environment is quiet and free from distractions. A calm setting enhances the therapeutic effects of Neurographica. A serene environment allows for deeper focus and relaxation, making the stress relief process more effective.
- **Reflection and Integration:** After completing your drawing, take time to reflect on your emotions, thoughts, and physical sensations. Integrate the calm and insights gained into your daily work life. Reflection helps in solidifying the positive changes and applying them in real-world situations, leading to lasting stress management.
- **Hydration and Self-Care:** Keep hydrated and take breaks as needed during your drawing sessions. Pay attention to your body's signals. Proper hydration and self-care practices ensure that your body is well-supported, enhancing the overall effectiveness of the stress relief process.

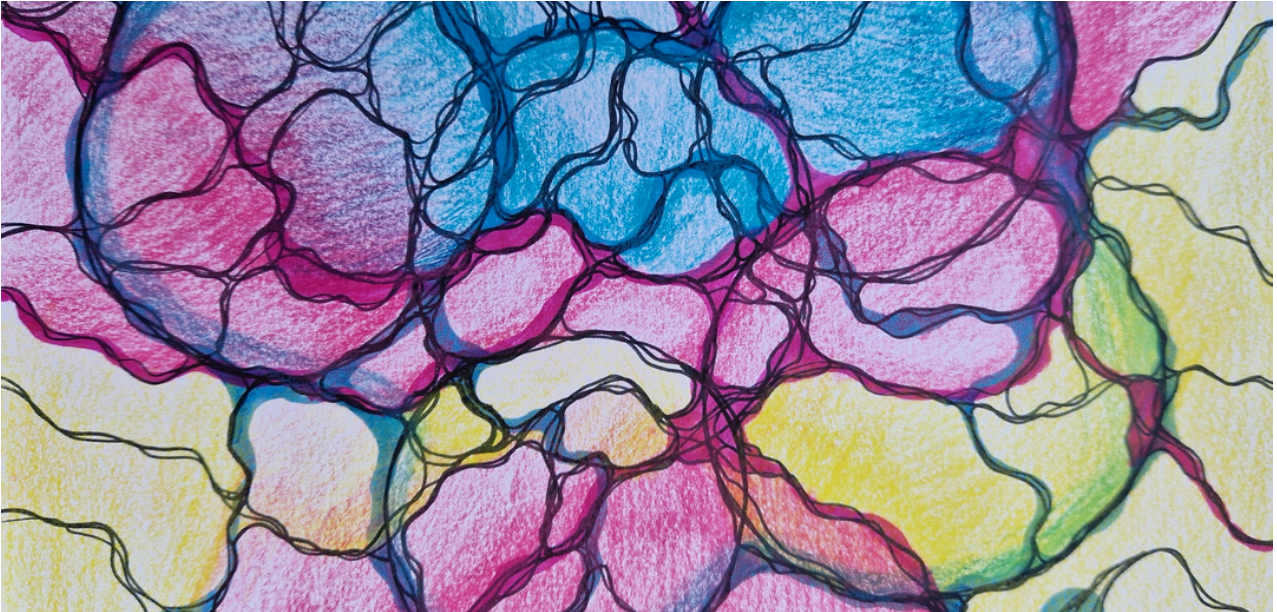
GOOD VS. BAD PRACTICES

BAD PRACTICES:

- **Inconsistent Practice:** Engaging in Neurographica sporadically without a regular schedule. Irregular practice reduces the technique's effectiveness. This can lead to an accumulation of stress, making it harder to manage and increasing the risk of burnout.
- **Lack of Focus:** Starting a drawing session without a clear intention or goal. Drawing aimlessly can lead to frustration and a sense of futility. Without a clear focus, the therapeutic benefits of Neurographica are diminished, and stress may remain unaddressed.
- **Distracted Environment:** Drawing in a noisy or distracting environment. External distractions can interfere with the meditative and calming aspects of the practice. A distracted environment can increase stress levels and reduce the effectiveness of Neurographica as a stress relief tool.
- **Skiping Reflection:** Not taking the time to reflect on your drawing and the emotions it brought up. Skipping this step can prevent the integration of positive changes into your daily life. Without reflection, the benefits of Neurographica may be short-lived, and stress can quickly return.
- **Ignoring Self-Care:** Neglecting hydration and other self-care practices during drawing sessions. Ignoring your body's needs can lead to discomfort and reduced concentration. Poor self-care can negate the stress relief benefits of Neurographica and may even contribute to physical discomfort or fatigue.

Try practicing the good practices and avoiding bad ones, so you can maximize the benefits of Neurographica to effectively prevent and manage work-related stress and burnout. Make Neurographica a regular, mindful, and integrated part of your stress management toolkit.

PRACTICAL ACTIVITY #1



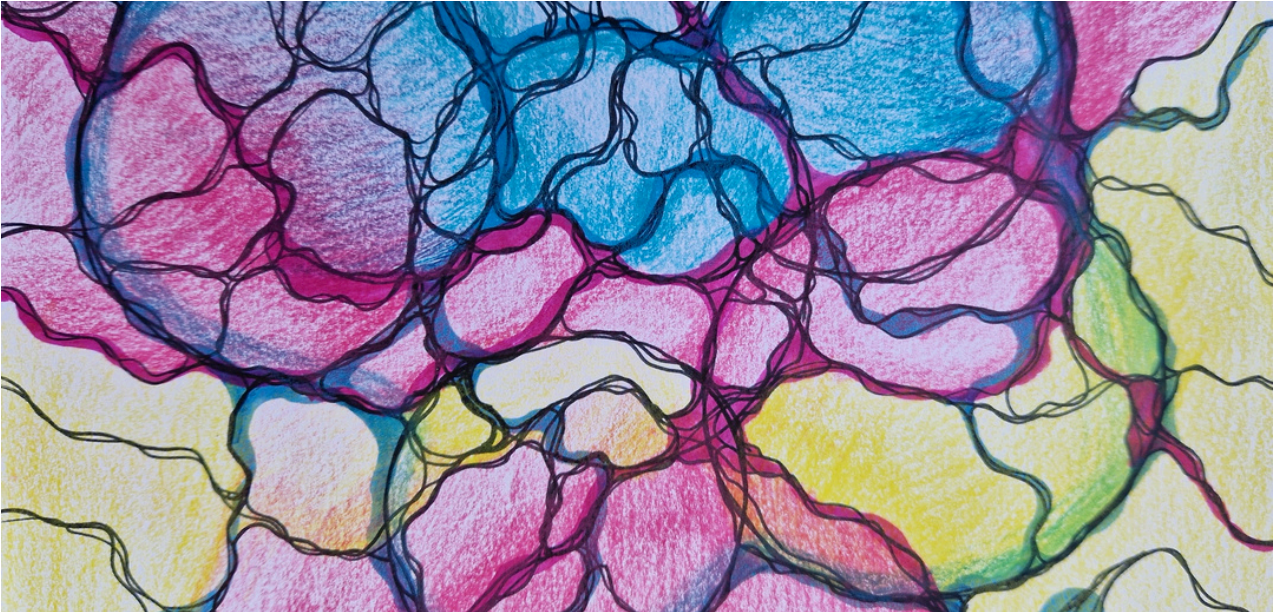
Quick Stress Relief with Neurographica

Even if you don't have time to complete all the steps of the basic Neurographica algorithm, you can still reduce your stress levels quickly. Follow these steps for an effective, time-efficient exercise:

- 1. Assess Your Stress Level:** Before starting, take a moment to focus on yourself. Assess your level of stress and tension on a scale from 0 to 10.
- 2. Begin Drawing:** Start drawing neuro lines on a blank sheet of paper. Let the lines flow freely and naturally. Focus on rounding all intersections that appear as you draw.
- 3. Pause and Reassess:** After 10 minutes, stop drawing and reassess your level of stress using the same 0 to 10 scale.
- 4. Continue as Needed:** If you still feel stressed, continue rounding the intersections until you notice a significant decrease in your stress level. Repeat the reassessment and continue drawing until you feel a sense of relief in your body.

This exercise is a quick and effective way to manage work-related stress, providing immediate relief through the calming process of drawing and rounding neuro lines.

PRACTICAL ACTIVITY #2



Reducing Anger and Balancing Emotions

Objective: This activity aims to help you alleviate work-related stress by reducing anger and balancing emotions. It is recommended to go through the whole video series ["My Personal Boundaries"](#) as the anger appears when our personal boundaries are violated.

Materials Needed:

- A4 sheet of paper
- Markers (various colors)
- Colored pencils

Activity Steps:

1. Recall a Stressful Incident: Begin by thinking of a recent work-related incident that triggered feelings of irritation, anger, or frustration. This incident should be something that still resonates with you emotionally.
2. Identify the Emotion: Focus on where you feel the anger or irritation in your body. Rate the intensity of this emotion on a scale of 1 to 10. Write down this rating.
3. Set Up Your Drawing: Draw a frame on your A4 sheet. This frame will contain

your visualization of the emotion.

4. Visualize and Focus: Focus on one point within the frame and concentrate all your anger or annoyance on the tip of your marker. For three seconds, let this emotion flow through the marker and onto the paper.

5. Round and draw more neurolines: Start rounding each corner on your drawing and turn each line into a neuroline. Observe how you feel as you do this.

6. Reflect and Observe: Reflect on the thoughts and feelings that arise as you draw. Note any changes in the intensity of your anger. Pay attention to how your body feels and where you feel the anger.

7. Connect and Harmonize: Connect any unconnected lines within your drawing. Ensure that the entire composition is rounded and harmonious. Fill in blank spaces with additional neurolines to create a cohesive image. Round again all intersections.

8. Color the Drawing: Once all the lines are connected and rounded, begin to color the shapes within your drawing. Use large blocks of color and focus on how each color makes you feel.

9. Bold the FieldLines: Select two or three lines within your drawing to make bolder. These lines should stand out more than the others.

10. Create a new figure - the Fixation: From the existing lines, mentally construct a new closed figure, such as an oval or circle. This figure represents the transformation of your anger into a balanced state.

11. Final Reflection: Reflect on which boundaries were violated to cause the initial anger. Think about how you can start changing these boundaries. Plan small steps to reinforce your new boundaries, beginning with those most relevant to the anger you visualized.

EXPERIENTIAL ACTIVITY: STRESS-FREE JOURNALING WITH NEUROGRAPHICA

Objective

To combine the reflective practice of journaling with the creative expression of Neurographica over an extended period to manage and relieve work-related stress effectively.

Materials needed

- Journal or notebook
- Pen or pencil for writing
- Blank paper for drawing
- Black marker and colored pencils
- A quiet, comfortable space



STEPS:

1. Set Your Intention: Begin by identifying a specific work-related stressor or challenge you are currently facing. Write it down at the top of your journal page.

2. Free Writing: Spend 5-10 minutes writing freely about this stressor. Explore your thoughts, feelings, and any physical sensations associated with the stress. Don't worry about grammar or structure; the goal is to get your thoughts flowing.

3. Assess Your Stress Level: On a scale from 0 to 10, assess your current level of stress or tension. Write this number down in your journal.

4. Start your daily drawing: On a separate piece of blank paper, start your daily/weekly drawing or just draw neuro lines. Let these lines flow freely, allowing your hand to move naturally.

5. Reflect and Write:

- After completing your Neurographica drawing, return to your journal. Reflect on the process of drawing. Write about any changes you noticed in your thoughts, feelings, or physical sensations.
- Reassess your stress level on the same 0 to 10 scale and note any changes.

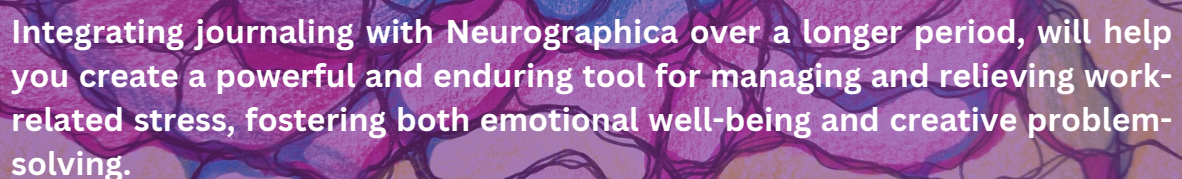
6. Integrate Insights: Write down any new insights or solutions that emerged during the drawing process. Consider how you can apply these insights to your work situation to alleviate stress.

7. Weekly Check-In:

- Schedule a weekly check-in with yourself to continue this practice. Each week, choose a new work-related stressor or revisit the same one if it remains unresolved.
- Repeat the steps of journaling, drawing neuro lines, rounding intersections, and reflecting. Track your stress levels over time to observe patterns and improvements.

8. Conclusion:

- Conclude each session by expressing gratitude for the time spent on self-care and reflection. Acknowledge any positive shifts in your emotional state or mindset.
- At the end of the longer period (e.g., a month or several months), review your journal entries and drawings. Reflect on your overall progress and the impact of this practice on your work-related stress.



Integrating journaling with Neurographica over a longer period, will help you create a powerful and enduring tool for managing and relieving work-related stress, fostering both emotional well-being and creative problem-solving.

ASSESSMENT

01.

Which step in Neurographica involves releasing tension onto the paper?

- ☐ A- Tuning
- ☐ B- Catharsis
- ☐ C- Integration

02.

Can Neurographica sessions help reduce work-related stress?

- ☐ A- Yes
- ☐ B- No
- ☐ C- Maybe

03.

How should you prepare for a Neurographica session?

- ☐ A- Listen to loud music
- ☐ B- Find a quiet space and gather materials
- ☐ C- Work in a busy, noisy environment

04

What does the process of rounding and smoothing intersections symbolize?

- ☐ A- Creating new shapes
- ☐ B- Harmonizing conflicting emotions and thoughts
- ☐ C- Adding color to the drawing

05.

What is the primary purpose of using Neurographica in stress relief?

- ☐ A- To improve drawing skills
- ☐ B- To manage and alleviate stress
- ☐ C- To increase productivity in the workplace

06.

What material is essential for creating Neurographica drawings?

- ☐ A- Watercolor paint
- ☐ B- Black marker
- ☐ C- Charcoal

ASSESSMENT ANSWERS

1 - B

2 - A

3 - B

4 - B

5 - B

6 - B

KEY TAKEAWAYS

01

Neurographica is a powerful tool that combines art and psychology to transform work-related stress into calm and clarity. Drawing neurographica helps you visually and emotionally process stressors, leading to immediate and long-term relief.

02

Setting a clear intention before each Neurographica session focuses your efforts on specific work-related stressors, enhancing the impact and effectiveness of the practice.

03

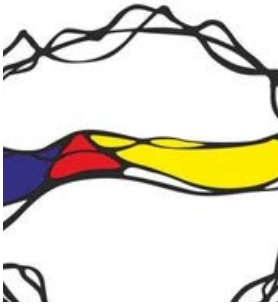
Integrating journaling with Neurographica enhances stress relief. Writing about your stressors and reflecting on your drawings deepens emotional release, and provides valuable insights.

04

A quiet, comfortable, distraction-free environment maximizes Neurographica's benefits, enhancing focus, relaxation, and the overall therapeutic effect.

RESOURCE LIBRARY

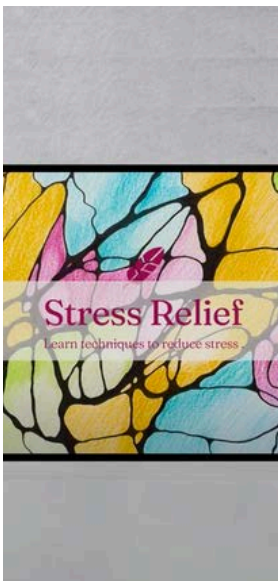
Discover resources on Neurographica's transformative approach to personal development and stress management, including articles, training courses, and insightful videos on topics like personal boundaries and coaching.



NEUROGRAPHICA ONLINE

The NeuroGraphica® Training Center's blog offers a range of articles exploring NeuroGraphica's applications in personal development, stress relief, and coaching.

[WATCH ON YOUTUBE](#)



NEUROGRAPHICA - MY PERSONAL BOUNDARIES VIDEO SERIES

Our very own Neurographica certified coach - Mrs. Gergana Deenichina's YouTube channel, offers a series of videos that delve into the concept of personal boundaries, offering insights and strategies for establishing and maintaining them in various aspects of life. The content is designed to help you understand the importance of setting healthy boundaries to enhance personal well-being and relationships.

[WATCH ON YOUTUBE](#)



PSYCHOLOGY OF CREATIVITY INSTITUTE

The official platform of the Institute of Psychology of Creativity, founded by Pavel Piskarev, the creator of the NeuroGraphica method offers comprehensive information on NeuroGraphica, including its history, training courses, and applications in various aspects of personal development and stress management.

[OFFICIAL WEBSITE](#)

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