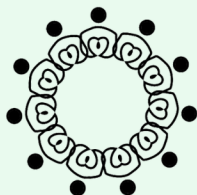
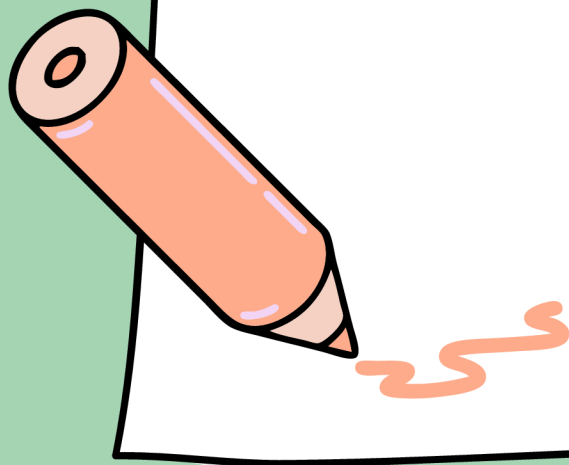


**Sitting
with it:**

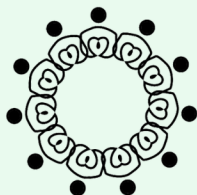
Drawing



Sitting with it: Drawing

What You'll Need!

- **Paper**
- **Pencils, markers, or crayons**
- **Optional: A journal to write down what your character might be telling you.**



Sitting with it: Drawing

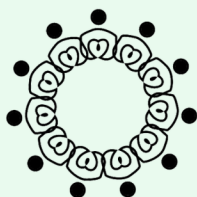
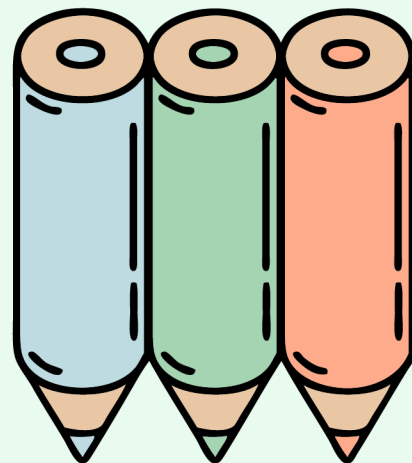
**Sometimes, pain has something to tell us.
Instead of pushing it away, let's draw it.**

Give Your Pain a Face

Step 1: Draw your pain as a character. What do they look like? Big and heavy? Small and sharp? Maybe it's like a turtle, with a long neck, that wants to just slow down take time to rest and recover in it's shell. Use your creative imagination for this one.

Step 2: Imagine they are a friend. What would they say to you? Maybe they're reminding you to slow down, rest, or take care of yourself.

Step 3: Sit with your drawing. What do you notice? How does it feel to see your pain in a new way?



Share the Magic!

Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

 emilymillartherapy@gmail.com

 [@emillartherapy](https://www.instagram.com/emillartherapy)

 [MOOD Kits by Emily Millar](https://www.facebook.com/emoonkits)

 emily-millar.com

Can't wait to see what you create!

