



10 WAYS TO DOODLE YOUR STRESS AWAY

DID YOU KNOW THAT DOODLING CAN:

- INCREASE BLOOD FLOW TO THE REWARD CENTER OF YOUR BRAIN?
- CREATE A MEDITATIVE, CALMING EXPERIENCE?
- HELP YOU FOCUS AND RETAIN INFORMATION?

ALL YOU NEED IS SOME PAPER AND A PEN!

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10 WAYS TO DOODLE YOUR STRESS AWAY

1. BUBBLES/CIRCLES
2. TRIANGLES
3. FLOWERS (3-5 PETALS)
4. DOTS
5. WAVES (DRAWN CLOSE TOGETHER)
6. TINY LEAF SHAPES
7. HORIZONTAL LINES, OVERLAPPED WITH VERTICAL LINES
8. SPIRALS
9. OVERLAPPING OVALS TO CREATE A CHAIN LIKE SEQUENCE
10. REPEATED “V” SHAPES, “C” SHAPES, “L” SHAPES, “U” SHAPES
11. SKINNY OVALS OR FAT OVALS
12. “CHECKERBOARD” PATTERNS – MAKE A GRID AND COLOR IN EVERY OTHER SQUARE
13. SQUARES
14. SHORT LINES, LONG LINES, CURVY LINES, WAVY LINES