



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!**

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