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Here are some good ones to try out: Record something that happens each day as text, image or both. Use images cut out from magazines that are meaningful to you and stick them in. Doodle, cut and color pages in your journal - not all have to be the same size, shape or colour. Set intentions for the year. Include affirmations, declarations, quotes, creative writing, a bucket list, goals, things ...

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An art journal filled with creative ideas to help you on a stressful day. The Wellbeing Journal will help take your mind off things and relax while creating some art!

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Creative activities have always been evident within the context of mental health and there is increasing recognition that the arts have an important role to play in improving the health and well-being of individuals. Medline, Cinahl and PsycINFO were searched utilizing the keywords art, therap, well-being and mental health.

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Encountering new creative activities - regardless of the level of skill involved - was found to have a particularly positive impact on emotions and wellbeing. And while the study concludes that live face-to-face activities such as singing in a choir or taking part in a group painting class were the most effective, even isolated online creative activity led to a positive impact.

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