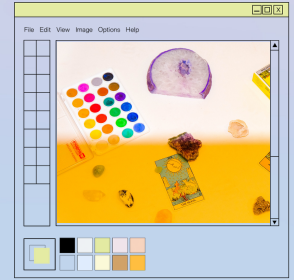


8 Intuitive Art Prompts for Body Image Concerns + Disordered Eating



Hi there! I'm Linda, a Registered Clinical Counsellor, Canadian Certified Counsellor and Professional Art Therapist working with folks who struggle with disordered eating, self-esteem and relationship concerns. Thank you for downloading these art prompts I have curated to help folks reflect their journey and practice self-compassion when it comes the body.

Setting up: Make some tea, find an ideal space to make art, and let's get started!

8 INTUITIVE ART PROMPTS FOR BODY IMAGE CONCERNS AND DISORDERED EATING

1. Create a collage, or begin to create a collection, like a mood board, of where you find true beauty in your life. What images and words would you like to use? See if you can visualize true beauty as something apart from body ideals.

2. Your relationship with yourself can set the tone for your relationship with everyone else in your life. Which out of these following practices are you hoping to work on to having a better relationship with yourself?

Self-compassion: kindness and gentleness towards yourself as you move through the world

Self-acceptance: acknowledging and connecting different parts of you, with respect.

Self-love: unconditional love and acceptance of yourself that comes from within.

Self-care: mindfully checking in mind, body and spirit to make sure you are doing okay.

Self-esteem: confidence for show up as you are.

Self-talk: speaking to yourself kindly. What would your intuitive therapist say?

Draw a picture to help you visualize what these practice(s) could look like when you focus on them and when you choose to practice them in your life. Notice if there is resistance for any of these practices. Often times, folks come to someone like me to process this resistance.

"Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor."—Thich Nhat Hanh

3. The Breathing Mandala: We are going to visualize your current breath. Create a mandala of what your breath looks like right now (center of mandala) and how your breath can blossom (outer portion of the mandala).



4. Nothing is a mistake in intuitive art making. Draw or paint something symbolic that represents freedom in expression and creation. Think about the canvas/paper you will be working on: for more expression, would you need a larger size? a thicker material? a border for containment (to hold your creative expression, and not "leak" out)? Choose materials to work with, whatever feels most supportive for you at this time.

"The painting leads the painter, and it becomes an intuitive experience." — Ardath Davis



5. Create and release: Draw or write out thoughts you want to weed out or things you think about yourself that you no longer want to carry. Let this be an instinctual process and try not to censure yourself. Don't worry about complete sentences – this can be written in a stream-of-consciousness (letting the hand and writing tool flow on the page) or through repetition of words that come to mind.

Take a few moments to see where your eyes land on what you wrote/drew. Notice if there are any patterns you see and take note of them. Can you turn these thoughts into a drawing or painting? I invite you to practice letting your art hold any ideas that no longer serve you.



6. Mindful savoring: Pick a food item that you would like to practice during this exercise. The first few bites of food are often times when our senses are the highest. Could you reconnect with your sensations to allow yourself to notice the food and the experience? What associations and metaphors occur to you as you put food into your mouth, chew it and swallow it? Try to express this out via different shapes, colours, brush strokes, etc. onto a canvas or drawing pad.

7. Justice art piece: If you have not heard of Health At Every Size (HAES), please visit this link: <https://deciphercounselling.com/faq>. Create an art reflection of HAES or imagine a world where there is justice for all bodies and where institutions and communities are rich in unlearning what 'health' is.

8. Reorienting (aka noticing your presence) with our senses: Give yourself a few moments to let your eyes wander around the room or environment you are in– without judgement or thought of where they need to look, and see where they land on. Now try orienting via sound– noticing what sounds are most supportive for you. Last, try orienting with touch– maybe pressing down your feet on the ground just a bit more, or noticing how your hands feel on your lap. Out of these three senses, which was more supportive for you today? Represent what this supportive feeling is like in a painting or in your journal.

So how was that for you? Do a quick check-in for yourself. If you are into art prompts, and would like to receive reflection questions for you to journal or ponder after making art, you are so welcome to sign up for our newsletter: <https://tinyurl.com/deciphernewsletter>. We love helping folks figure out and process feelings in creative ways!