

Art therapy

How does creative activity help you process emotional ups and downs?

E-book

by EvaJoachim



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Art is a means of
expressing our
innermost feelings.

Frida Kahlo



Introduction

As a child, I often couldn't put into words what I felt. My emotions were raging inside me—fear, anger, sadness—and somehow words always proved insufficient. That's when I reached for the brush. I didn't know exactly what I wanted to paint, I just let the colors and shapes speak for me. In one of my paintings, a forest was on fire—at the time I didn't understand why I was painting it, only later, as an adult, did I realize that the artwork helped me release the repressed feelings. Painting was my silent dialogue with myself.

How can art express feelings that are difficult to express in words? Have you ever had a picture, a color, or a creative activity help you understand what you're really feeling?



The relationship between creative activity and emotions

Emotional ups and downs are a natural part of our lives—sometimes we feel like we're adrift in the middle of a stormy sea. Creative activities, on the other hand, are like a safe harbor: they help relieve inner tensions, transform emotions, and find a return to spiritual balance.

How does creative activity help to release emotions?

When we find ourselves in an emotionally heated situation—whether it's stress, anger, anxiety, or sadness—both the mind and body become tense. Creative activities help us to "write out," "paint out," or "sculpt" this tension naturally and spontaneously.



Making emotions tangible

It is often difficult to pinpoint exactly what is going on inside us. Creating art gives us the opportunity to embody our inner turmoil in colors, shapes, textures, and movements. A painting, a drawing, or even a clay mold can express what we cannot express in words.

Conscious transformation of emotions

When we create, our feelings are consciously or instinctively rearranged. For example, we can 'release' a troubled inner state in an expressive painting, or calm it down while painting a meticulous mandala.



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The calming effect of creative rhythm

Repetitive art activities - such as coloring, stringing yarn, rhythmic painting movements - have a meditative effect.

They help slow down thoughts and create an inner silence in which it is easier to find peace.

Writing as creative self-therapy

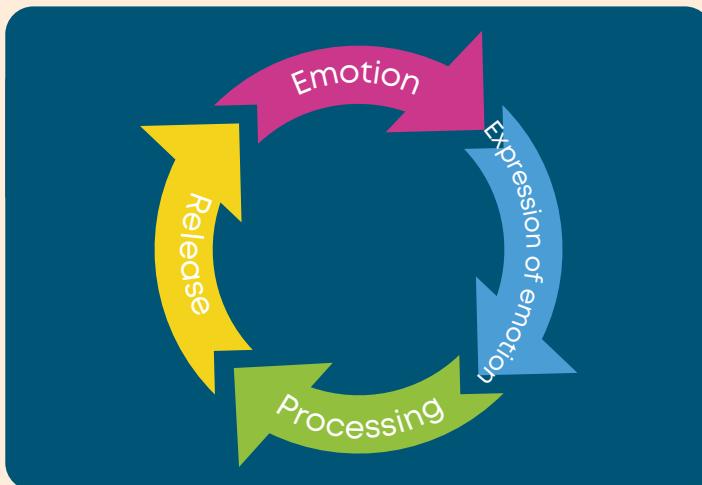
Not only visual arts, but writing can be similarly liberating. Journaling, writing poems, or writing stories can also help us see our own feelings more clearly.





The cycle of emotions

Emotions naturally change—we feel them intensely at one moment, then over time they calm down, transform, and take on a new form. Creative work provides an opportunity to consciously experience and process this process, making it easier to let go of the feelings swirling within us.



Emotions are not static, but are constantly flowing:

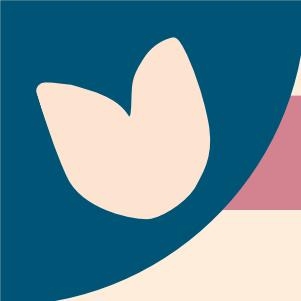
Experiencing – When an emotion comes to the fore, it is important to accept and understand why it is present.

Expression – Creating helps you freely express feelings, whether it's painting, drawing, or writing.

Processing – A deeper understanding of the emotional state can help us transform the feeling in a positive way.

Letting go – Once we have expressed and processed our feelings, we can naturally let them go, making room for new emotions.

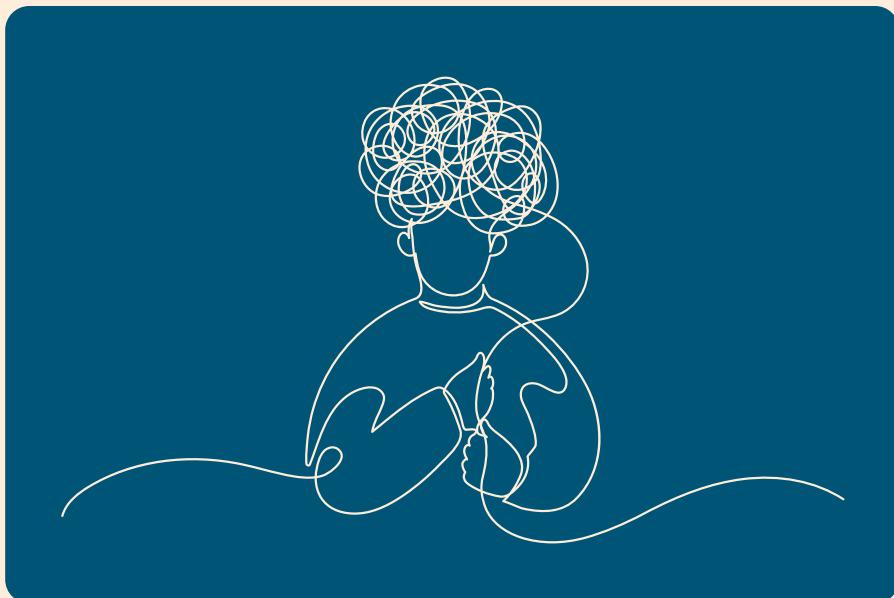
This flow ensures that our emotions are not stuck within us, but can constantly change and develop.

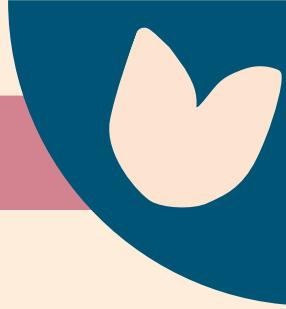


EXERCISE

*Draw your emotional ups
and downs!*

Grab a piece of paper and some colors. Try to express your emotional state freely, without any constraints—whether it's a wavy line, chaotic splashes of color, or a metaphorical image. There's no right or wrong answer, all that matters is how you express your feelings.





Final thought

Art is not just a creation, but an inner dialogue with ourselves. Emotions take shape, come to life in colors and lines, and help us find harmony in our inner world.

Let creation guide you and discover how creativity can transform your soul.

THANK YOU FOR READING!

I hope you too can draw strength from your work and overcome difficulties more easily!

If you liked it, you can find more inspiration on the CREATIVE-STUDIO page:

EvaJoachim-creative.studio

Joachim Eva

Art Life Coach | amateur artist | designer EvaJoachim
Art&Design

