



SKETCHBOOK RELIEF

Drawing prompts to help you
feel calm, happy, and
connected during stressful
times.



NEUROSCIENCE & ART to the rescue

So what do you do when life as you know it has been turned upside down, and you're feeling frazzled more often than you'd like to admit?

Why not recruit the latest neuro-scientific insights, mix 'em up with your obsession for drawing, and get some much needed relief?

According to psychologist and expert on the science of positive neuroplasticity, Dr. Rick Hanson, there's an effective way to counter our brain's inborn negativity bias (its tendency to latch onto scary stuff).

How?

By consciously lingering on ALL the stuff that lights us up... which is exactly what we do when we draw.

THE 3 STAGES TO CULTIVATING ROBUST POSITIVITY

When we actively pay attention to the things we enjoy, as opposed to passively consuming them, it triggers neural processes to hardwire the positive experiences into our nervous system. If we do this regularly we can install positive "traits" like resilience, joy and creativity permanently in us, instead of merely experiencing them as fleeting "states".



1) Take a moment

Instead of letting a positive experience flush through you, make it last by creating a drawing.

2) Notice the tangible

As you're drawing check in with physical sensations: the sound of pen against paper, the scratchy feeling of charcoal on the page

3) Ascribe meaning

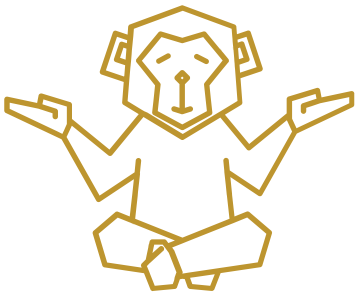
At the end of your drawing reflect on why taking the time to make it was important to you.

WHAT TO DRAW

(CONSULT YOUR BRAIN)

Our brains developed in three evolutionary phases, which resulted in the **reptilian Brainstem**, the **mammalian Sub Cortex**, and the **primate/human Neo-Cortex**. Each of which have their own innate needs.

If you struggle with getting started, or not knowing what to draw, use the prompt categories based on the three different parts of the brain and their needs.



Connection

Our primate/human Neo-Cortex delights when it feels connected and sends stress signals when it feels isolated. Need to feel more connected? Then this is your starting point.



Satisfaction

Our mammalian brain is all about satisfaction, fullness and joy. If you've been feeling empty and dissatisfied think of things to draw that can fill up your well of satisfaction



Safety

Our reptilian brain gets stressed when it feels threatened. If you've been feeling unsafe it's time to draw things that remind you of your own safety.

CREATE YOUR OWN PROMPT LIST

Use these questions as triggers to create your very own prompt list and pin it into your sketchbook.

What makes you feel safe. Who makes you feel safe?
When have you felt safe? The word "safety" makes you think of what?



What makes you feel happy and joyful? What makes you chuckle? What silly thing did you see or overhear recently? What can you never get enough of?



Who makes you feel seen, heard and accepted? When have you felt truly seen for who you are? Whom do you love? Who do you love listening to? When did you have a great conversation? With whom?



...remember, this is YOUR list. Include anything that comes to mind, no matter how abstract, and feel free to revise and add onto it anytime.



STAY CONNECTED

Let's keep each other company and inspire one another to draw more. Join our exclusive Facebook Group Cura Time, or share your drawings using our hashtag #curatime. Let's cheer each other on.



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