

Welcome!

The treatment of an eating disorder is complex, and evidence-based research has proven that the practice of mindfulness-based art activities can be informative and helpful in learning to make contact and gain awareness of eating disorder thoughts and emotions (Hinz, "Drawing from Within: Using Art to Treat Eating Disorders," pp. 9-20).

Mindfulness-based art can be used to explore themes such as: non-judgement, patience, beginner's mind, non-attachment, self-compassion, attention, acceptance, appreciation, non-permanence, openness, curiosity, present moment, trust, non-striving, and letting go.

Index Flow (Educational Handout) Warm Up Directives (encourages flexibility, non-judgement, and mindfulness)

Blind Contour

ZenDoodle

Mandala Nature

Mandala Music

String Art Paint Blots

Paint without Brushes

Finger Paint Watercolor

Clay Origami Boxes

Embracing the Mess

Wall Drawing Paper

Bead Bracelet

Watercolor Lines

Mindfulness with Color