



Art journaling (also known as sketchbooking and visual journaling) is the creative process of combining color, words, and images onto a page. This is a fun practice done solo or with a group of friends. No prior experience is needed, so it's great for beginners. Consider making a virtual event out of it and experience the magic of creating in community. Host a show and tell at the end.

It differs from scrapbooking in that it's about the process, not the outcome AND about ideas, not just memories. And the best part? It's good for you. According to an article by Cathy Malchiodi in Psychology Today, studies show that regular art journaling increases the flow of serotonin to the brain and increases the number of immune cells flowing through the body. Let's get started!

1. Gather your art journaling tools: a journal, black Sharpie or permanent black artist pen, glue stick, ephemera (bits of paper with words and/or images from magazines, etc.). Optional: acrylic or watercolor paint, paintbrushes (or use an expired credit card to paint), paper towels, colored pencils, pencil, washi tape, scissors, stamps, stamp pads, wax paper (to place between freshly painted pages as they dry).
2. Make a background with paint, with a big image, by rubbing a stamp pad over it, or with colored pencils to avoid starting on a blank page.
3. Add images and words from your ephemera into a collage aligned with a theme that resonates.
4. Add words by writing over the images.

Gather your supplies and design a page that represents creativity to you. Remember, this is all about letting your creative spark emerge. There's no right way or wrong way to do this. Promise!



IDEAS:

- Create a color-themed page or spread using images and words in this favorite color (pink anyone?!).
- Design a page or spread using images and words that bring your Affirmative Writing to life.
- Make a background using a stamp pad by either running it down the page or stamping it throughout the page.
- Cull images and words that speak to your idealized version of creative expression.
- Create a page or spread that highlights what you look forward to while slowing down this fall.
- Choose an item from Everyday Tranquility or 30 Days of Tranquility that resonates and design a page or spread that represents it.