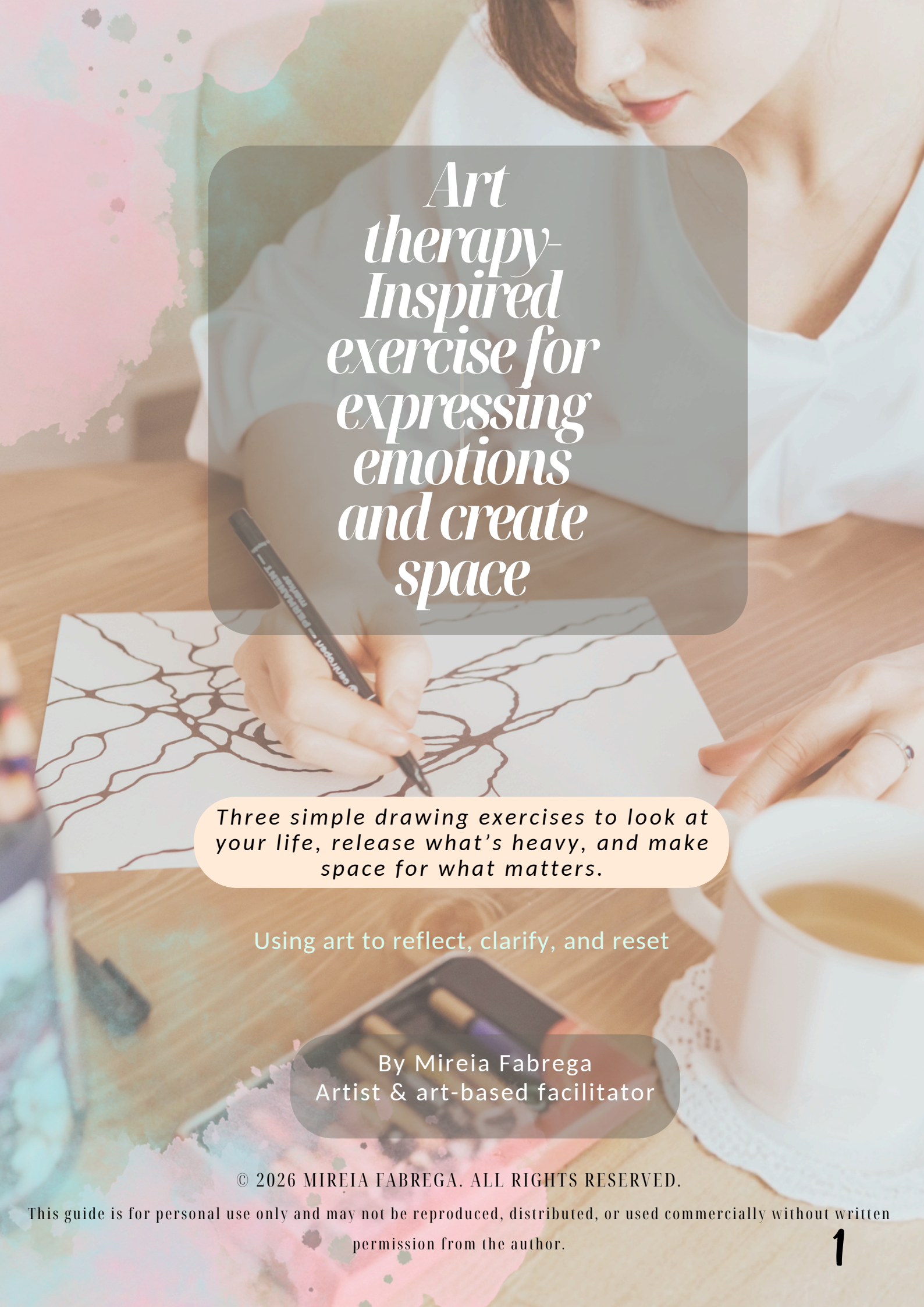




Art therapy- Inspired exercise for expressing emotions and create space

*Three simple drawing exercises to look at
your life, release what's heavy, and make
space for what matters.*

Using art to reflect, clarify, and reset

By Mireia Fabrega
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WELCOME & WHY IT WORKS

Congratulations! You've already taken the most important step by choosing to pause and give yourself this time. This guide is a gentle space to slow down, explore, and simply be present with what wants to emerge.

About Me

I'm Mireia Fabrega Iglesias — an artist, a mother, and someone who has learned to use art not only to create beauty, but to understand life.

Through my own transitions, and through years of observation, I've seen how drawing, colour, and simple visual gestures can slow the mind, bring emotions into awareness, and help us imagine new possibilities.

I create and work with art as a way to reconnect with clarity, confidence, and abundance — both on the canvas and in everyday life.

Why it works?

When we draw mindfully, the brain shifts out of constant problem-solving and into a more integrative state. Attention becomes focused, breathing naturally slows, and emotional signals that are usually ignored begin to surface. Colour, pressure, rhythm, and space activate areas of the brain linked to emotion, memory, and self-regulation — which is why drawing often reveals insights we couldn't think our way into. This is the place where reflection becomes visible, and change begins to feel possible.

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WELCOME & WHY IT WORKS

This guide is an invitation to pause and look at your life differently.
When we draw without trying to “make something beautiful,” we bypass the analytical mind.
Shapes, pressure, rhythm, and colour speak directly to the subconscious, where emotions, habits, and desires live.
Art helps you see patterns you may not have words for yet.
You don’t need to know how to draw.
You only need honesty and a few quiet minutes.

How to use this guide:

- Find a quiet space
- You can do this exercise in quiet place or with calm music
- Work slowly, without judging
- There is no right or wrong result
- Let your body and intuition lead

Total time: 30–45 minutes

Materials:

1 sheet of paper per exercise (A4 or larger)

Pencils, coloured pencils, crayons, or oil pastels

Optional: magazines for collage



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Exercise 1

Gratitude What Supported You

Guiding question:

Which moments made me feel grateful, supported, or quietly nourished?

Instructions

- Gather 1 blank sheets of paper.
- Select 3–5 colors to use. Paper to collage (optional)
- On each sheet, allow your hand to move freely—create shapes, areas of color, and simple gestures.
- Avoid using objects, symbols, or words.
- Move slowly and pay attention to your breathing.

You may stop when the page feels “complete,” rather than when it appears aesthetically pleasing.

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Exercise 1

Gratitude What Supported You

Reflect:

Take a moment to examine your drawings closely. Pay attention to the shapes you've created. Are they soft and rounded, or perhaps sharp like arrows? Notice how these shapes interact within your artwork. They might convey a sense of openness or imply containment.

Next, direct your focus to the colors you've selected. They could be vibrant or more subdued, perhaps evoking warmth or coolness. Notice how these colors relate to one another. They might blend, overlap, or stand distinct. As you delve into these hues, observe your body's responses. Your heart rate might fluctuate, and you could experience a sense of calm or excitement. Allow these insights to inform your reflections on your emotions. Your art serves as a window into your feelings, so let it communicate your story.

Studies show that practicing gratitude can lead to increased happiness and satisfaction. It stimulates the brain's reward system, releasing dopamine, which enhances mood and motivation. Moreover, gratitude can lower stress levels, improve sleep, and boost overall physical health by reducing inflammation. When you express gratitude, you create a ripple effect, positively influencing not only your well-being but also your relationships and environment. Embrace gratitude as a powerful tool for transformation and growth.

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Exercise 2

Effort & Ease: Navigating Through Life

Guiding question:

Where was I pushing myself too hard and where did things feel more natural?

Instructions

- Start with a single sheet of paper.
- Split it into two sections.
- In one section, create your drawings using:
 - Firm pressure, hard
 - Tight, repetitive, or controlled lines
- In the other section, use:
 - Lighter pressure
 - Slower, more open, or flowing lines
- Limit your palette to a total of 4 colors.

Allow your body to guide the expression of each side.

02



Exercise 2

Effort & Ease: Navigating Through Life

Reflect:

Reflection invites a thoughtful examination of both sides, prompting you to consider which side resonates more deeply with you and which appears more supportive or sustainable.

As you delve into the details, observe the lines: are they straight, curved, broken, or sharp? Notice if there are arrows, crossings, or rigid structures, and whether these lines end abruptly or flow smoothly.

In this process of self-reflection, ask yourself what your body recalls about the balance between effort and ease.

This contemplation encourages a deeper understanding of your own experiences and perceptions.

Exercise 3

Creating Room for Abundance (What You Desire More Of)

Guiding question:
What do I want to invite into my life?

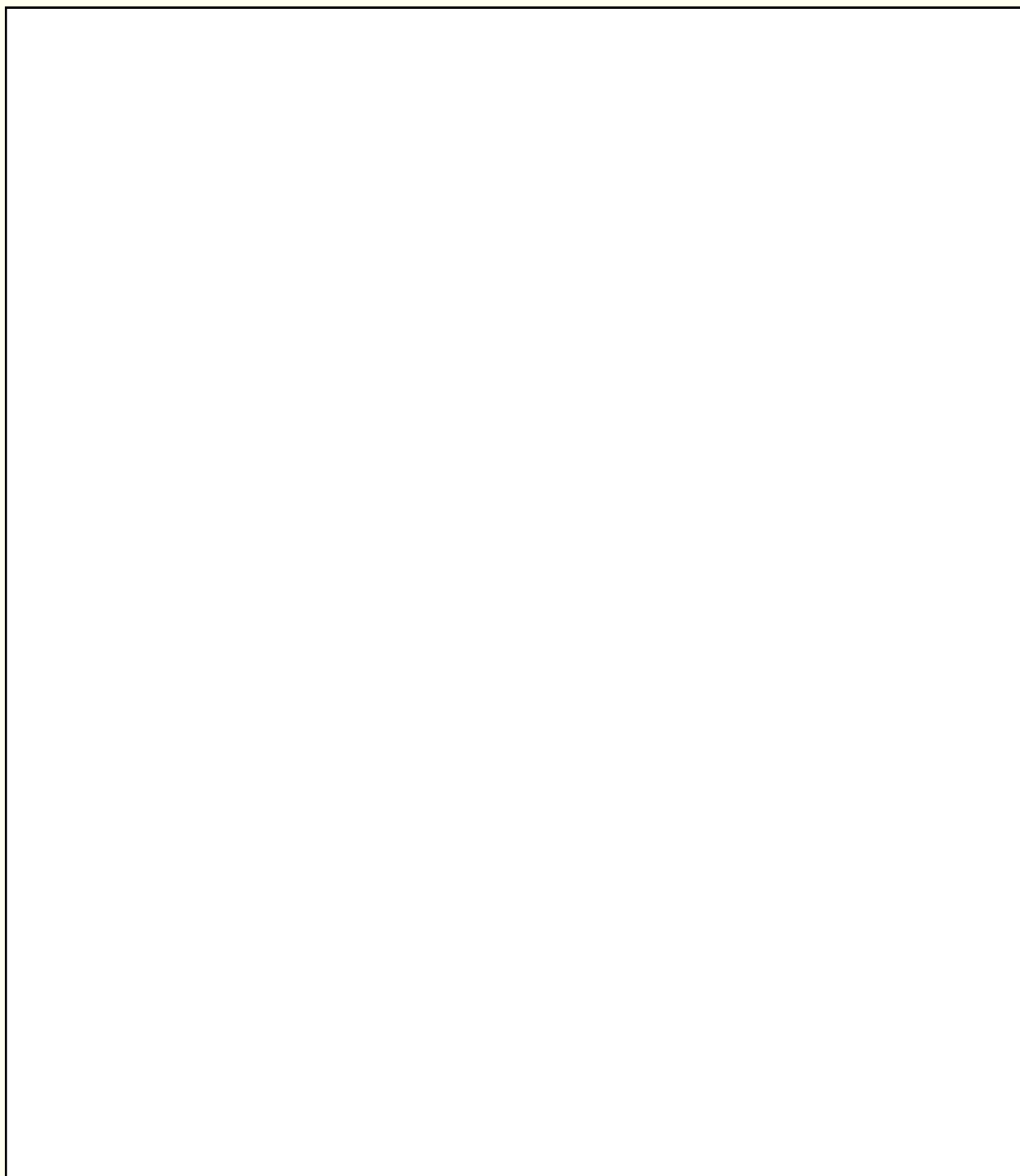
Instructions

- Take a fresh sheet of paper and immerse yourself in the creative process.
- Choose a few colors that truly resonated with you in earlier exercises, letting them guide your artistic journey.
- Think of qualities rather than goals: calm, clarity, flow, strength, lightness, stability.
- As you draw feel the freedom in your movements and embrace the empty spaces, allowing them to breathe.

Learning to leave space is a rehearsal for real-life change.

Pause occasionally, honoring the rhythm of your creativity. Breathe and create space

03



Exercise 3

Creating Room for Abundance (What You Desire More Of)

Reflect:

Instructions

Reflect on your drawings and consider the instinctive choices you made, particularly the blank spaces you left and whether avoiding the urge to fill every area felt natural or uncomfortable. Observe how the shapes in your artwork behave—are they expanding or contained? Also, take note of the colors: do they blend and overlap, or do they remain distinct and separate?

Through this process, allow a single word to emerge, one that resonates with you and captures your aspirations or reflections.

Write this word gently onto your final drawing, in a way that feels natural to you.

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Integration

Arranging Your Drawings for Insight

- Position all your drawings side by side.
- Without overthinking, observe:
 - Which energies feel like they want to remain
 - Which ones seem heavy or outdated
 - Which drawings crave more space or attention

Final Reflection:

If you truly listened to your drawings, what is one small change you could implement ?

Write the word paragraph saying that write this word into the last paintings and keep your painting close to you. If you work on a desk, you can put it on the wall next to the desk, or you can put it in a wall in your home that you pass often. It will serve as a reminder to your mind and your subconsciousness.

Feel free to revisit these exercises whenever you wish. Your drawings will transform as you do.

If you enjoyed this exercise, I will be sharing more.

You can subscribe to my newsletter at www.mireiafabrega.com and follow my artistic journey in social media where I will share more creative exercises like this one, along with reflections from my ongoing journey as an artist and in personal development. You can also follow my work and daily inspiration on Instagram and Facebook, where I share art, process, and small moments of insight along the way.

Thank you

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