

# TRY THESE 25 SIMPLE, INEXPENSIVE WAYS TO INTEGRATE THE NEURO ARTS INTO YOUR DAILY ROUTINE

1. **Doodling:** Let your pen wander on paper without any specific goal.
2. **Journaling:** Write down your thoughts, feelings, or experiences.
3. **Neurographic Art:** Create abstract designs using lines and shapes to express emotions.
4. **Humming:** Explore the therapeutic benefits of humming, chanting, or making sounds.
5. **Coloring:** Use adult coloring books or printouts to relax and unwind.
6. **Free Writing:** Set a timer and write continuously without pausing or editing.
7. **Mindful Walking:** Take a leisurely walk outdoors, paying attention to your surroundings.
8. **Collage-ing:** Use magazines or photographs to make collages reflecting your mood.
9. **Guided Imagery:** Listen to recordings guiding you through sensory visualizations.
10. **Sculpting with Clay:** Knead, shape and mold clay to express yourself.
11. **Nature Sketching:** Sit outside and sketch images or scenes from nature.
12. **Poetry Writing:** Experiment with writing poems to capture moments or emotions.
13. **Music Listening:** Explore different genres of music to evoke specific moods.
14. **Dance:** Move your body to various types of music through an improvised dance.
15. **Photography:** Capture moments or scenes that inspire you.
16. **Breathwork:** Practice conscious breathing exercises to calm the mind and body.
17. **Meditative Designs:** Create intricate geometric designs with pens, markers, or digital tools.
18. **Improv Theater:** Participate in improvisational exercises and your unleash creativity.
19. **Vision Boarding:** Collect images and words that represent your goals and aspirations.
20. **Drumming:** Beat rhythmically on drums or percussion instruments (have friends join).
21. **Knitting or Crocheting, etc.:** Engage in repetitive, meditative crafting activities.
22. **Calligraphy:** Experiment with different pens with writing styles and scripts.
23. **Origami:** Fold paper into intricate shapes and figures. Free online ideas.
24. **Storytelling:** Share personal anecdotes or create fictional narratives.
25. **Gardening:** Plant and tend to a garden to connect with nature and nurture growth.\*

*\*Soil has microbes that are beneficial to our immune system. There are dozens of benefits to gardening as well!!*