

## **Art Therapy for Stress Management**

This can help you identify thoughts, feelings or core beliefs that may prevent you from relaxing, sleeping or thinking well.

A registered art therapist (RCAT) will have you draw, paint, sculpt or use some other art form to show what you think or feel. Often things are revealed to the art therapist through this process that you are not even aware of thinking or feeling. This then allows you to work on things that are on your mind so that you can relax and function better.

You can find a qualified art therapist near you by contacting the Canadian Art Therapy Association at [www.candianarttherapy.org/find-an-art-therapist](http://www.candianarttherapy.org/find-an-art-therapist).