






The Daily Wellness

ART THERAPY MINI BUNDLE

*Creative exercises to express emotions,
process experiences, and build mindfulness.*

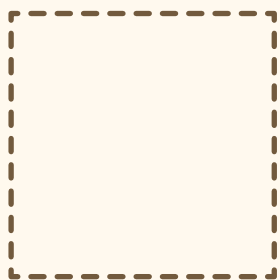


ART THERAPY



The Art Therapy Postcard Activity is a creative therapy exercise often used in art therapy sessions. It involves the creation of a postcard-sized piece of art, typically on a small piece of cardstock or paper, that serves as a means of self expression, reflection, and communication. This art therapy postcard worksheet is great for expressing or recognizing hurts and regrets and will help answer the question, "What would I say to someone if I didn't have to say it to their face?"

Directions: Reflect on a situation or person that made you feel angry, frustrated, upset, or sad about. Think about how this person or situation made you feel, and what you'd like them to know about the experience.



FROM:

TO:

YOU MADE
ME FEEL:

DEAR



ART THERAPY



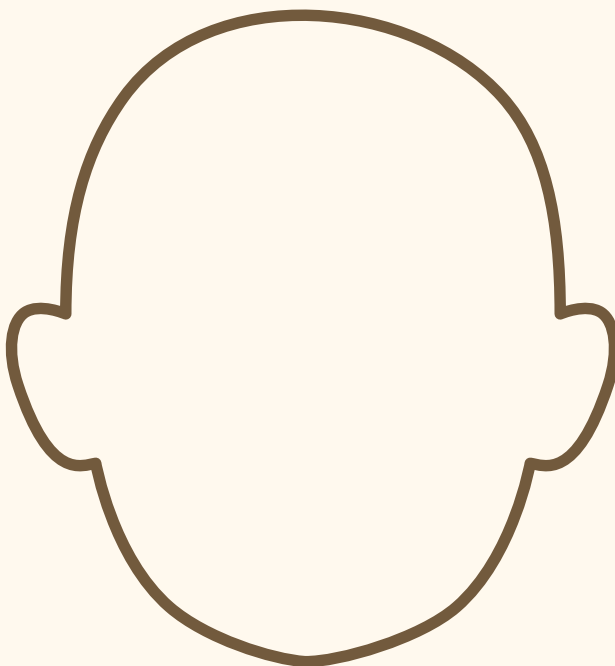
The "Past vs Present Self-Portrait Worksheet" is a therapeutic art activity used in art therapy to help individuals explore and visually represent the changes, growth, or transformations they have experienced in their lives, particularly in terms of their self-concept and identity.

This exercise includes two self-portraits: one depicting your past self and the other representing your present self. This worksheet will help you reflect on and express how you have evolved over time and can be a powerful tool to help you work on self-identity, self-acceptance, or processing big life changes.

Directions: Write down things that represent your past and current self, including: ways of thinking, actions, emotions, fears, beliefs, joys, dreams, etc. Next, use colors, illustrations, and symbols to decorate your past self.

ABOUT MY PAST SELF

ABOUT MY CURRENT SELF



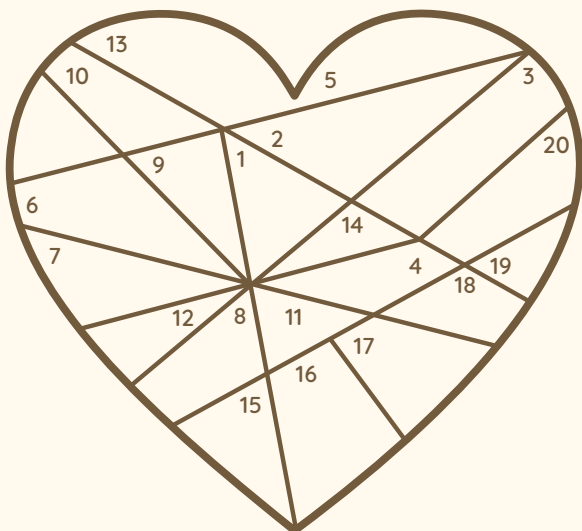
ART THERAPY



Directions: Compare your past and present self. Answer the following questions.

How different is your past self from your current self?	
Does your past self reflect your current self, or have you changed? Write down any similarities you see.	
Does your past self reflect your current self, or have you changed? Write down any differences you see.	
What would you change (add or subtract) about your current self?	
What are you happy that you have changed about your past self?	

Directions: Fill each space with a color that represents a person, place, or thing you cherish and appreciate. Let your heart embrace all the little and significant aspects of your life.

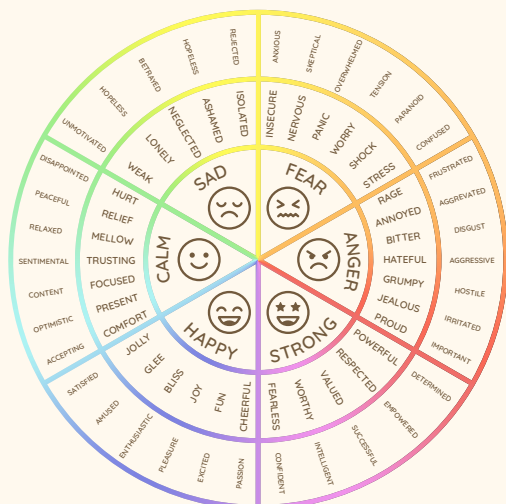


1	11
2	12
3	13
4	14
5	15
6	16
7	17
8	18
9	19
10	20

ROSE, BUD, THORN



Thorn: A challenge you're currently encountering or an area where you require assistance.

[illegible]

SAVOR A CUP OF POSITIVI-TEA



A simple line drawing of a cup with a flower on it. The cup is shown from a slightly elevated side angle, with a handle on the right. A single flower with five petals is centered on the front of the cup. The drawing is minimalist, using only black outlines on a white background.

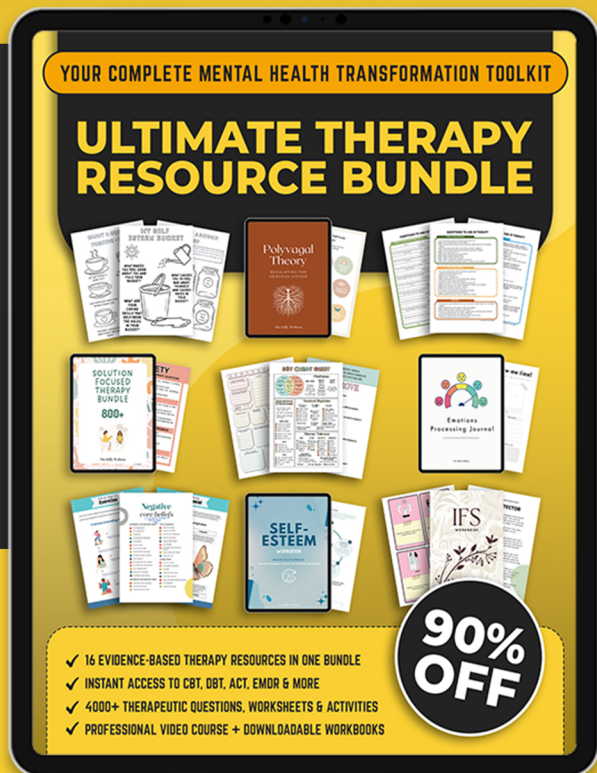


I CHOOSE TO
BE HAPPY

WHAT IF REAL HEALING IS SIMPLER THAN YOU THINK?

TRANSFORM YOUR MENTAL HEALTH WITH THIS ULTIMATE THERAPY BUNDLE—EVIDENCE-BASED TOOLS AVAILABLE FOR A LIMITED TIME





Your struggles aren't permanent—they're treatable. This comprehensive digital bundle combines neuroscience-backed techniques with practical healing tools to help you understand your mind, process emotions, and build lasting resilience.



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- **16 Evidence-Based Modules** covering CBT, mindfulness, EMDR principles & more
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- **Trauma-Informed Healing Guides** for anxiety, depression & relationship patterns
- **Mind-Body Integration Tools:** movement therapy guides & nutritional healing plans
- **Bonus Resources:** Daily coping cards, boundary scripts & crisis management plans

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-  **Rewire negative thought patterns** using proven neuroscience
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-  **Build emotional resilience** that lasts beyond crisis moments
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REAL TRANSFORMATIONS



“I've spent thousands on therapy. This bundle gave me tools my therapist never mentioned. Life-changing.”
— Sarah L., Verified Buyer

“As a mental health professional, I'm impressed by the depth and clinical accuracy. I recommend this to all my clients.”
— Dr. James R., Licensed Therapist

WHY THIS MATTERS NOW

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- Offer expires in **72 hours**—no extensions



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