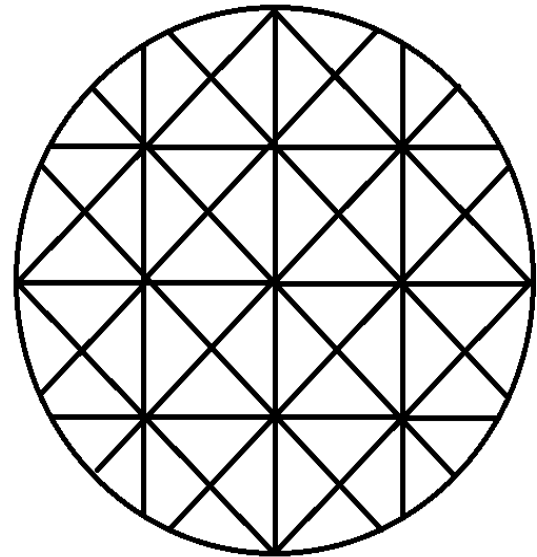
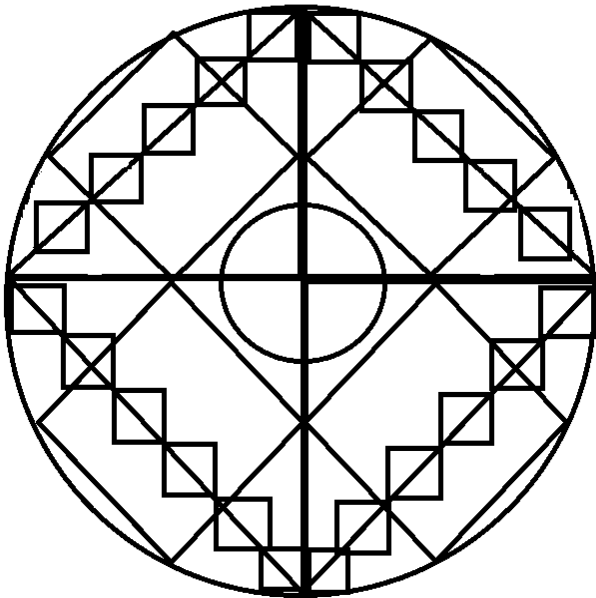


A mandala is an expressive art form that can help you cope. The purpose of the mandala is to express your feelings and emotions using shapes and colors. The shapes and colors can be a symbol for different feelings and emotions that you may be feeling.

Benefits of Mandalas

- Relieves stress
- Bring about a sense of calmness
- Lowers anxiety
- Gives a sense of control and accomplishment
- Increases awareness

Examples of Mandalas



Helpful Hints

- Allow time to reflect on your thoughts and feelings.
- There is no right or wrong way to do a mandala.
- You can take as little or as much time as you want to do a mandala.
- Mandalas are easy to keep handy.
- You can even create your own mandala.

① **Call your UNC Recreational Therapy and Child Life team member if you have any questions.**

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