

Draw Your Mental Health

See what's going on in your head

How to Prepare

For this simple yet powerful exercise, you will need some blank sheet of paper and some coloured pens.

How to Play

Each person is given a piece of paper and asked to draw their mental health. As a facilitator you may need to give reassurance that there is no wrong way to do this. People may ask if they can use words, that is fine, it is their creation.

Give people space to create. This could be a good time to create alongside the group and draw your own mental health, mirroring creativity and showing by example. As a facilitator it is good to be authentic without over sharing.

When people have finished go round the group and ask people to show their creations and give them space to share any thoughts.

Top Tip

After everybody has had a chance to share it is good to ask people how they found the exercise and get them talking about the experience, this builds confidence for future creative activities and can also be quite grounding.

**What's going on
in your head?**



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