

## Doodle and De-Stress



Sunday, January 30, 2022 - 12:00am to 11:45pm  
New Haven , CT

As we get closer to the end of the semester, stress might begin to build up and start to feel overwhelming. But instead of just turning on the TV or ordering takeout to take your mind off of everything, try some art therapy instead!

Humans are creative by nature and art has been shown to actually have a calming effect on the brain!

Don't consider yourself to be an artsy person? No problem! Start small by doodling with shapes. They say that doodling with small repetitive shapes/patterns can help to slow down the mind and relax the body – which in turn helps to alleviate stress! Doodle with some squares, lines, triangles, dots, ovals, or waves.

You can also check out our [Pinterest board](#) [1] for some ideas on how to incorporate art therapy into your stress-free routine!

[Send us your doodles](#) [2] or tag us on [Instagram](#) [3] so we can share them out. Happy doodling!

***Doodle Art by OISS Storyteller: Sarah Geach***

[Register Here](#) [4]

**Visibility:** 0.00

**On Demand?:** On Demand

**Sort Date:** Sunday, January 30, 2022

**End date:** Monday, August 16, 2021

**Audience:** Students

Scholars

Families

Departments

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**Source URL:**<https://oiss.yale.edu/calendar/events/doodle-and-de-stress>

### Links

[1] <https://pin.it/evl7bkA> [2] [#97:#105:#108:#116:#111:#58:#109:#111:#108:#108:#121:#46:#104:#97:#109:#112:#116:#111:#110:#64:#121:#97:#108:#101:#46:#101:#100:#117:?](#)su

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[bject=Doodle%20Art \[3\]](#) [https://www.instagram.com/yaleoiss/ \[4\]](https://www.instagram.com/yaleoiss/)  
<https://yaleconnect.yale.edu/OISS/rsvp?id=1074265>