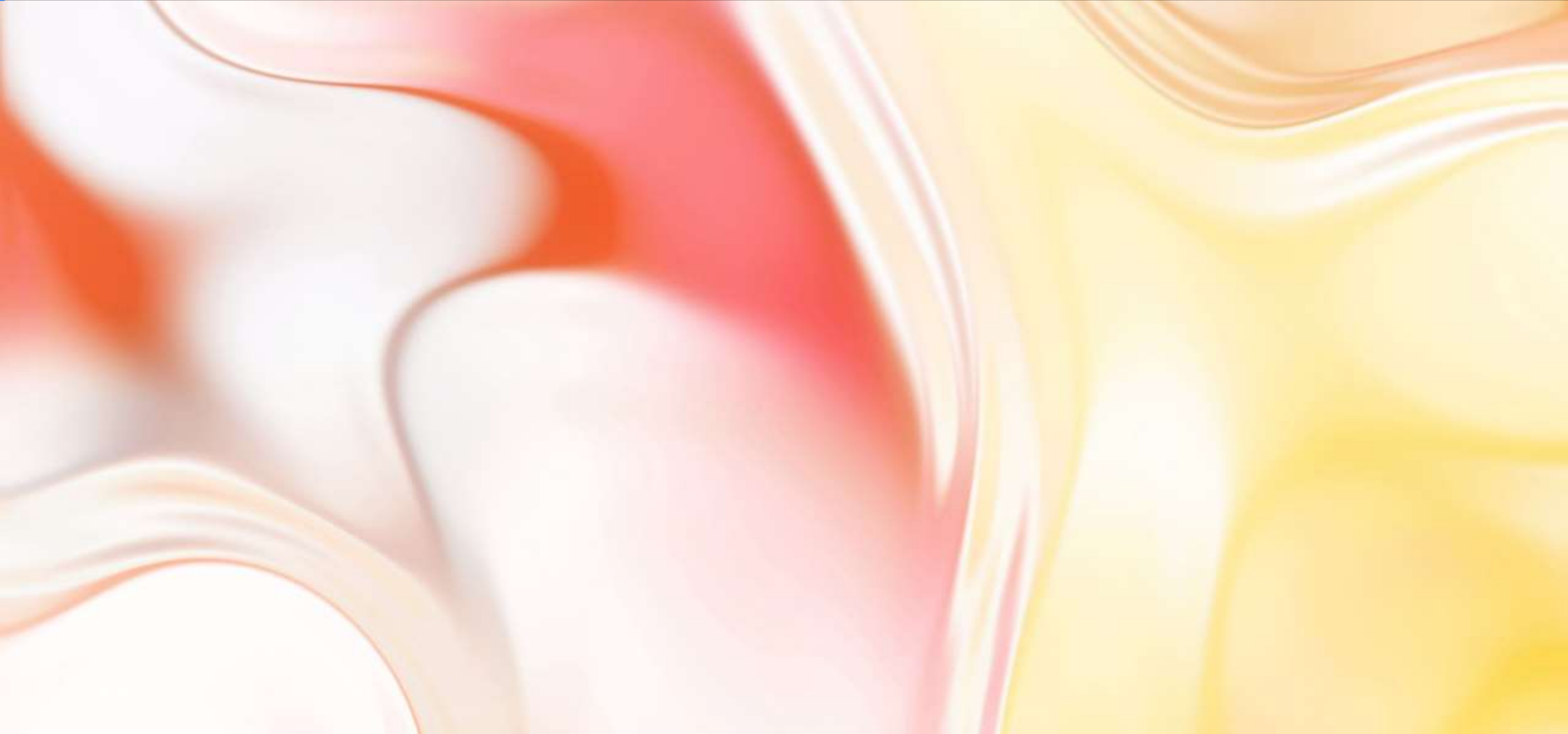



Art Therapy

BY, ANITHA MANJUNATH



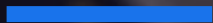
Gratitude Tree



A woman with her eyes closed and a serene expression is shown from the chest up. She is wearing a light-colored, possibly white, top. Overlaid on her torso is a glowing, semi-transparent white figure of a human body, representing a body scan. The background is a soft, neutral beige color. On the right side of the image, there is a dark grey rectangular box containing the text "Mindfulness Body Scan" in white, bold, sans-serif font. A thin blue horizontal line is visible at the bottom of the dark grey box.

Mindfulness Body Scan

Anger release



Anxiety Release





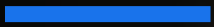
Self Care Exploration – Self Actualization

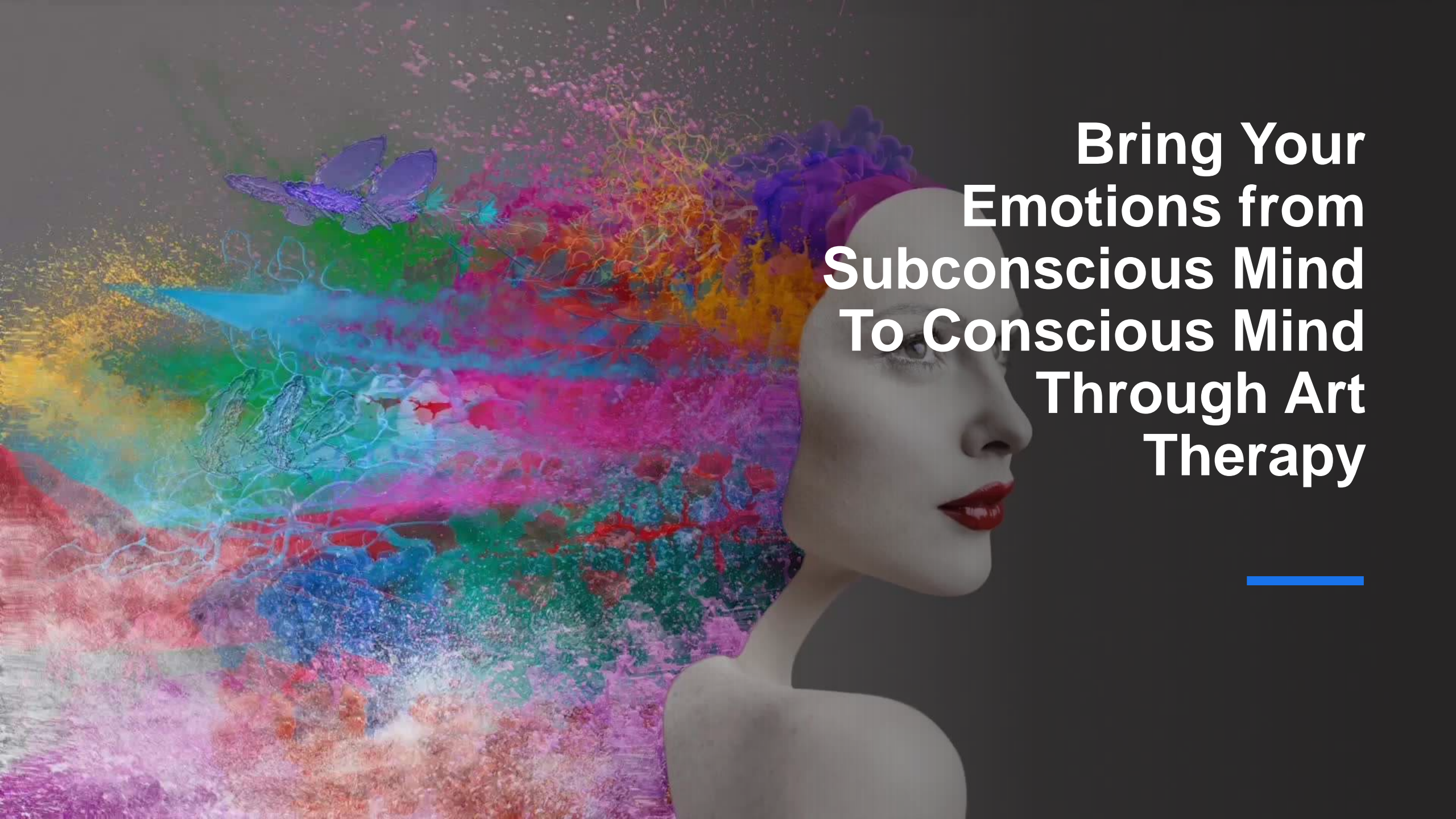
- **Personal**
- **Professional**
- **Physical**
- **Psychological**
- **Emotional**
- **Spiritual**

A silhouette of a person standing on a hill, celebrating with their arms raised in a 'V' shape. The person is positioned on the left side of the frame. The background is a bright, glowing sunset or sunrise, with the sun low on the horizon, creating a warm orange and yellow gradient. The person's shadow is cast on the ground. The overall mood is one of triumph and achievement.

Inner Strength Art Therapy

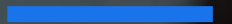
What to hold on and what to let Go



A woman's profile is shown in grayscale, facing right. The background is a vibrant, abstract composition of various colors including purple, blue, green, yellow, red, and pink, with textures resembling flowers, butterflies, and organic forms. The overall effect is dreamlike and artistic.

Bring Your Emotions from Subconscious Mind To Conscious Mind Through Art Therapy

Self Exploration



Kinesthetic

Family

Drawing



Plucking An Apple From a Tree

