

Doodling workshop to help de-stress

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Jaipur: Urban spaces are expanding with people and noise everywhere. Ironically, the desolated, lonely and marooned hearts are multiplying! Either it is inaccessible or unsafe for them to step out (*being old, physically disabled*) or sometimes simply being in some emotional crisis, they just do not want to talk to anyone. Result is more isolation and depression, being outpaced by the society.

Can there be some such spaces where no one is judging anyone, and all sorts of people can have some serenity and fun together with recreational and relaxing activity under the same roof? TRY for GOOD (*a social initiative*), attempts to create some such inclusive recreational spaces as it extends another concept as “Spaces for Good” at Jaipur. The starter was a fun doodling meet up and workshop.

Dr Anju Dave Vaish, who leads this initiative, aligns her goals around the UN sustainable development. Being an environmentalist, she strongly feels that the whole ecosystem is interconnected, and until humans have consciousness for each other and other living beings; they can barely care for nature. Being a communications strategist she finds herself strong on “empathy,” and tries to bridge gap the missing link of “Science” in the Art and Communication spaces, for better awareness and actions. Like many other psychiatrists she finds creativity and art forms very therapeutic. For amateurs doodling is one such art form which is fun, while conscious doodling is also known to reduce stress.



The workshop was attended by people from diverse backgrounds and demography, who thoroughly enjoyed this concept. The concept was also appreciated by counselors, doctors, physiotherapists in the city. The medium of creating doodles, shapes and other synchronous fun and creative exercises puts all different people young or old, challenged or healthy; all at the same level. This creates inclusive experience in the community where the gap is bridged with better accommodation for each other. Besides, doodling actually helps us focus better; taking us away from all other distractions around. It also reduces anxiety and other emotional issues taking you into a meditative state. Psychiatrists and art therapists advocate doodling not just for relaxation or healing, but also problem solving.

Anju hopes to continue doing such meet ups and workshops under the purview of SPACES FOR GOOD in her studio gallery, where she also intends to exhibit visual art on sustainability, and have talks around betterment of community.