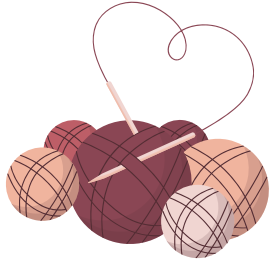


5 Creative Habits to Stay Grounded

When my brain is racing or my energy dips,
these tiny rituals help me reconnect



Knit for 5 minutes

Even a few rows calms my mind. Tactile crafts support sensory regulation.



Doodle in the Margins

Keep a pen and notebook handy to draw how you feel—no skills needed.



Morning Creative Check-In

Use a quick journal or collage to connect with your mood. Prompts:

- What am I feeling?
- What do I need today?



No-Judgment Craft Box

Play with scraps and leftovers. Make messes. No expectations.



Go on a Creative Walk

Snap 5 photos of anything beautiful or weird you see.

Which habit speaks to you most?
Keep this printable where it can remind you to play.

