

Express Yourself

This is how Victoria D expresses herself!

“”“To express my emotions I either do artsy stuff (such as polymer clay statues, normal drawings, colouring in my colouring book or rarely painting) or I write my thoughts down tell myself that I will look at them later.

As I have written them down, I wouldn't need to think about it during the day.

Then once I have found quiet time during the day, I would meditate to embrace my emotions then I would let them go and rip the paper of my emotions.

Sometimes I would try to learn more cords on my guitar or practice the song I've learnt on the piano.””

Would you like to share your strategy on how you Express Yourself, with the rest of us?