



# *Gentle Art Prompts for Pain Moments*

## *Gentle practices for low-energy days*

You don't have to be artistic. You don't have to finish anything. If any prompt feels too much right now, simply close this page and come back later. There is no pressure here — only kindness.

### **A gentle note from Dr. Shruti**

These are the same kinds of soft prompts I've used during my 20 years with Rheumatoid arthritis. Sometimes just 2–3 minutes of doodling gave my mind a tiny, quiet break from the pain. Use whatever you have — pen, pencil, tablet, or even your phone's notes app.

### **7 Gentle Prompts for Pain Moments**

#### **The Shape of Today's Pain**

Draw the shape, lines, or colors your pain feels like right now. No need to make it pretty — just let it out.



# 5 Simple Self-Compassion Exercises

*Gentle practices for low-energy days*

## **A Tiny Safe Space**

Sketch a small, cozy place where your body and mind feel even a little softer — a corner of a room, a quiet landscape, or just soft shapes.

## **Swirls for Tension Soft Lines for Relief**

Start with swirls or jagged lines for the tension, then gently add softer curves or colors where relief might live.

## **If My Pain Could Speak**

Draw or write what your pain might say if it had a voice today. Let it be messy or quiet — whatever feels true.



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## **One Kind Thing My Body Did Today**

Even on hard days, your body is doing its best. Draw or note one small thing it managed (breathing, resting, carrying you here).

## **A Calm Landscape for My Mind**

Create a very simple scene — mountains, sea, clouds, flowers — that feels soothing to look at right now.

## **Gentle Ending**

Draw one soft shape or color that feels like a little kindness toward yourself today.