

Art Projects



Taking a short break from tedious work to create something is a positive stress reliever with mental, emotional, and physical health benefits. Each of these projects is something that can be done with little to no experience, using supplies around your home. And if you are interested in beginning a **Watercolor** journey they way I have, follow **Sarah Cray** and [Let's Make Art](#).

Art Journaling



Neurographic Art



Flower pressing

