GET A HEALTHY DOSE OF CREATIVITY WHILE YOU WORK!
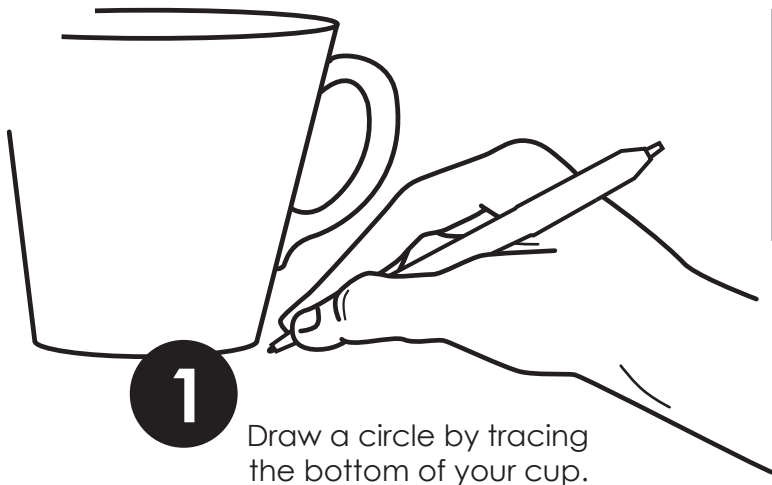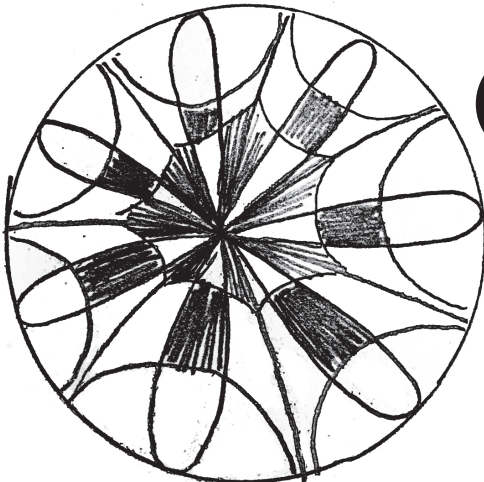
1 Draw a circle by tracing the bottom of your cup.

2 Fill in the circle with shapes, symbols, patterns, and colors. You may choose to start in the center, on the edges, or anywhere you feel inspired to begin drawing.

3 Your mandala is finished whenever you are finished. It's your own work of art, you can always add more, later.

Share your work online using **#352Creates**

Research shows that creativity is good for our health. Regular engagement in creative activities has been shown to reduce stress, improve immune system function, and help us cope with anxiety and depression. **WHAT WILL YOU CREATE TODAY?**

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