

BEXARTHUB

Flourishing with Art Therapy

How Creativity Helps You Feel Stronger and Happier

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Flourishing with Art Therapy: How Creativity Helps You Feel Stronger and Happier

Life can be full-on. Between school, friends, social media, and figuring out who you are, it's easy to feel overwhelmed or stuck. That's where art therapy comes in. It's a creative way to work through your feelings, build confidence, and feel more like yourself.

Flourishing is a word used in psychology that means more than just "feeling okay." It's about really *thriving*—feeling good about your life, having strong relationships, and knowing you can handle tough stuff when it comes your way. You don't have to be an artist to get the benefits of art therapy. It's not about making "good" art. It's about expressing what's inside and finding new ways to understand yourself.

In art therapy, you might paint, draw, scribble, collage, or just play with colours and shapes. It can help you:

Understand your emotions better

Calm your mind when you're stressed

Build confidence and a more positive mindset

Feel more connected—to yourself and others

Working with a trained therapist, you'll be supported to explore your thoughts and feelings in a safe space. You'll start to notice your own strengths, learn how to deal with hard emotions, and find your own way to move forward.

You might be surprised by what comes out on the page. Sometimes, making art helps you notice things you didn't even realise you were feeling. Other times, it gives you a break from over thinking and lets you just *be* for a while. Either way, every time you create, you're learning more about yourself—and that's a powerful thing.

Art therapy is also about growing your strengths. Maybe you're learning to be more patient with yourself. Maybe you're discovering your creativity, your courage, or your ability to keep going when things feel tough. That's what flourishing is all about—not having a perfect life, but knowing you have what it takes to face it.

You deserve to feel strong, supported, and connected. And if art helps you get there, even in small ways, then that's something worth holding on to.

So whether you're painting your emotions, doodling your daydreams, or cutting out images that speak to your future, remember: your creativity is a tool for healing, growing, and becoming more *you*.

Keep creating. Keep exploring. You're already on the path to flourishing.