



# HELLO WORLD

My name is Vivien

# WHAT!

I'm a freshman in high school, and high school is a stressful place. I like using different techniques to calm down, de-stress, and get creative!

# Some cool de-stressing activities that I like to use are:

## 1. Music

This is a big one. There are so many benefits I would need a whole slideshow just for that!

## 2. Art

Even if you wouldn't describe yourself as an artist or a creative person, you can still do art. It can help you take your mind off things and express yourself and feelings.

## 3. Self-Care

Self-care is super important. A hot bath, some meditation, maybe just making your favorite treat or buying something that you've been wanting for a while can boost your mood.

**If I'm feeling  
stressed out,  
tired, annoyed, or  
sad, expressing  
my feelings  
through painting  
helps me feel OK.**

**Painting is a way to put all  
your bad mood somewhere  
else. When I'm painting, I  
just go with the flow and  
see where my mind takes  
the paint.**



**Fluid painting is a super creative thing that gets your brain working, and you don't even need to be creative to do it. It's totally abstract and it's impossible to duplicate. Pouring the paints and using tools to move it on the canvas helps me focus, de-stress, and get creative.**





**Here are some  
examples of  
paintings I have  
done. I realize  
now that when I  
created these, I  
was going through  
a hard time and  
making these  
helped me.**



**I have made several other paintings using this technique and they all turn out unique and beautiful. It's pretty messy, but that's how you know you're having fun.**

**I encourage you to try it. It is a project that anyone can do, it's fun for everyone, and young kids will enjoy it because they can make it their own way.**



## How to create the paintings



You will need:

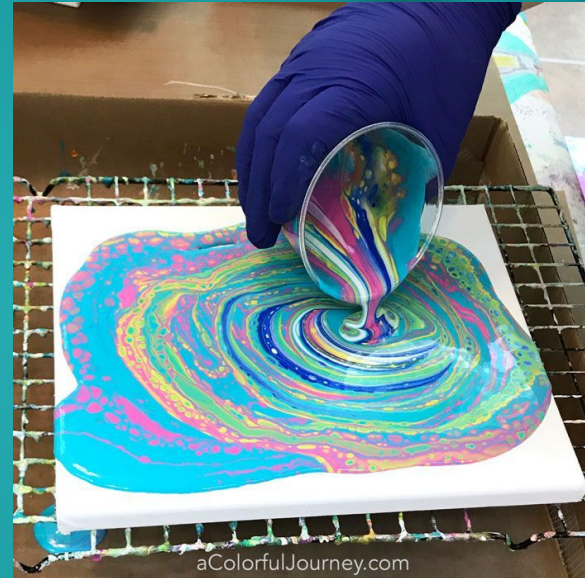
- Acrylic paints and fluid pouring medium, or pre-mixed paint which is easiest to use.
- A canvas, any size will work.
- Clean workspace with newspapers or a table cover in case it gets messy.



**The first thing you need is paints and a canvas. Make sure you have space and it's clean. You choose what colors you want, mix them together, then you're ready to go!**



**The second step is pouring  
your paint! You can do it  
literally the way YOU  
WANT! It doesn't matter! It  
will turn out gorgeous!**



**The third step is moving the paint around your canvas to create texture and you can use straws, sticks, or even your own hand! This part is super fun.**



**The last step is letting it dry which might take a while. Then you're done, and you can admire your amazing art! The greatest thing about these is that they will turn out different each time.**





**Thank you so much. I hope you try this out someday. This helped me get through some hard times, and I want to share it with others who are going through hard times or just want to try something new.**