



My Comic Book

Therapeutic Benefits of Imaginations

Outlet for Emotions: Different forms of artistic expression such as drawing, painting and manipulating clay have long been used by therapists to get both children and adults to express their emotions. Art allows people to express feelings that are too difficult to put into words, and thus provides an excellent outlet for pent up feelings.

Outlet for Stress: As you escape into the world of imagination, you are able to release accumulated stress through painting, drawing and other art forms.

Outlet for Pain: In fact, physical pain may even lessen as you delve deeply into your art projects. Researchers call this the "alpha state". When we are wide awake, our brain is in a "beta state," but as we drift into sleep, it shifts to alpha. The alpha state is a light hypnotic state, relaxed, yet focused and receptive. Art has been used as a portal to this relaxed state for centuries. So let's create something together and enter the "alpha" world!



Hello Friends!
I'm so excited to see your comic book come to life! Who will be the super hero? Who will be the villain? I can't wait to see! Have an adult e-mail be a picture of your favorite page to timmy@openthejoy.com to be featured on our online gallery. If you're selected as the creator of the month, we'll send you a fun, free gift!
Love, Timmy





















