

My journey with depression has been a challenging one, but discovering art therapy was a turning point. I remember walking into my first session feeling skeptical, convinced that I was too tangled in my thoughts to be helped by paint and brushes. But as I began to express my feelings through colors and shapes, a sense of relief washed over me. Drawing allowed me to communicate emotions that words couldn't capture.

I started painting every day, using the canvas as a safe space to release my inner struggles. The process wasn't always easy, but it provided clarity and a sense of control. Gradually, I noticed changes. The heaviness in my chest began to lift, and I felt a renewed energy. Art became my refuge, helping me navigate through tough times and guiding my healing journey.

Art therapy taught me that healing doesn't have to be linear, and it's okay to express myself in unique ways. I learned that I'm not alone and that there is beauty in vulnerability. Today, I continue to use art as a tool for self-discovery and emotional release. It has become an invaluable part of my life, and I am grateful for the peace it has brought me.