

WHAT DOES EXPRESS YOURSELF MEAN?

“Express yourself” is about finding creative ways to share feelings, thoughts, or ideas...

...through things like art, writing, music, dance and doing things that make you feel good.

Being creative and expressing yourself can:

- help you to relax and de-stress
- generate “feel-good” endorphins which can lift your mood, help you feel empowered, and create a sense of identity and achievement
- help to boost your self-esteem, connect with others, and give you purpose and meaning

