

Creative Expression

Strength Collage

www.thenegativespace.life

When words are not enough, images can become powerful tools for self-expression and reflection. As caregivers, we often face experiences that are too overwhelming or complex to articulate. In those moments, we may need to hold space for emotions and realities that feel beyond our control. Collage offers a visual language — a way to express, process, and find a sense of control or mastery within our internal landscape.

Imagery has a profound impact on how our brain processes feelings, memories, and experiences. Whether through guided imagery or tactile practices like collage, bringing forth visuals of peace and strength helps remind our brain and body of their capacity to return to those states. Imagery not only soothes; it also creates space — distance from the immediate experience — allowing insight, reflection, and new perspectives to emerge.

For this therapeutic arts practice, we will center our collage around the word **strength**. In times of distress or uncertainty, our sense of strength can waver. But when we intentionally visualize and create a representation of our inner strength, our nervous system responds — grounding us in resilience. This collage will serve as a visual affirmation of your ability to withstand, hold space, nurture, and love through times of uncertainty.

