

Creative Expression

Zentangles

www.thenegativespace.life

Created by Rick Roberts and Maria Thomas, Zentangle® drawing is a method of creating abstract art using repetitive, structured patterns called “tangles” or doodles. This approachable art form is designed to promote relaxation, focus, and clarity — and it can be done anywhere, from a notebook to the back of a napkin, making it accessible whether you are bedside, in the waiting room, or at home.

A Zentangle is created by layering lines, shapes, and patterns to gradually fill a space, one stroke at a time. There are no mistakes with this type of doodling — each mark informs the next, encouraging acceptance and presence.

When our brain focuses on pattern-making and the repetitive gesture of drawing, it helps the nervous system relax and settle into the present moment with intention. Zentangles fill spaces, giving the creator a sense of progress to completion. This meditative practice can quiet the mental noise of daily life and bring us into a creative flow. In this flow state, the brain releases endorphins, lowers cortisol levels, and boosts “feel-good” neurotransmitters — allowing us to experience relief, calm, and even joy through the simple act of drawing.

