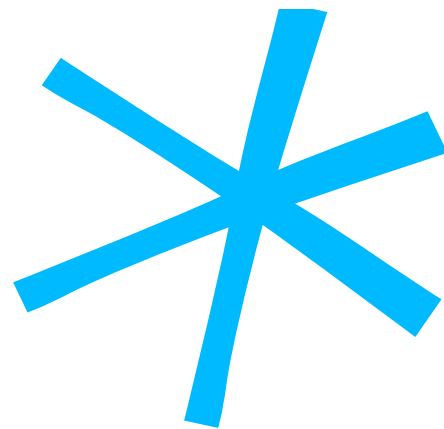




# DAY 30

## TREE OF LIFE



*Today's challenge is set by Phoebe, a mental health nurse. Recovery is at the heart of all the work on her ward, and this drawing exercise is a fun and creative way to reflect on what nourishes us and gives us strength.*

### Do

Draw a tree and add words, colours and symbols to represent your life. For instance the roots could represent where you come from, the trunk could show your strengths and resources, the branches could stand for the people who are important to you, and fruits could be gifts that you've received or that you have to offer.



### If you have more time...

Consider what sort of tree you want to use, is it an oak or a pine? A paper birch tree? Add more details to your tree for other aspects of your life. Create meanings for the leaves, the flowers, the twigs and the bark.

### Think

How did you find this process?

Did you notice anything new, or think about anything in a new way?

### Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.

### Resources

Something to draw on, and something to draw with...