The Center for Cartoon Studies PRESENTS

CARTOONING IN AN ANXIOUS AGE

HEY!

WANNA DRAW?

WITH CARA BEAN
I AM AN EDUCATOR... ...AND CARTOONIST...

...AND I'M NO STRANGER TO DEPRESSION AND ANXIETY

I'VE LEARNED FROM MY OWN PRACTICE AND FROM MY STUDENTS THAT CARTOONING HELPS YOU FEEL BETTER.
THERE IS SOMETHING ABOUT DRAWING THAT FOCUSES YOUR ATTENTION AND INTIMATELY CONNECTS YOU WITH THE GENERATIVE ACT OF CREATION.

THE FOLLOWING ARE A FEW PROMPTS THAT I OFTEN BEGIN A CLASS OR WORKSHOP WITH THAT HELP US ALL (INCLUDING ME!) CENTER AND FOCUS.

AND IF DRAWING MAKES YOU ANXIOUS...

...YOU CAN WRITE OUT YOUR RESPONSES OR USE STICK FIGURES.
You can warm up with a calming ellipse doodle.

Set aside your thoughts and concentrate on the simple act of drawing.

Send your pencil spinning and fill a page with repeated loop shapes.

Zoom around the track!

Make your pencil swirl like a lasso...

...or go slowly around like a snail.

Reverse direction and change the pressure.

Enjoy the sound that your pencil makes.

Breathe.
QUICK CARTOONING

I'M A BEAN!

MAKE YOURSELF INTO A CHARACTER THAT IS EASY TO DRAW!

WHAT DO EMOTIONS LOOK LIKE TO YOU?

DRAW THE WAYS THAT YOU FEEL.
Comics allow us to use thought bubbles to convey a private reflection.

It’s been too long since I’ve reached out to my friends.

Memories are thoughts that can be captured in a panel.

Conjure something from childhood...

(We see who can hold milk in our mouths the longest without laughing.)

...or visualize something that happened yesterday.

Happened 8/11/2020 — Drawn 8/12/2020
Doodle any thoughts you have about the future.

**Draw Hopes:**
- Possibilities
- More Love
- Less Suffering
- What Could Be
- Change Good
- Change is Bad
- What I Can't Control
- My Worst Self
- Not Enough
- Stuck
- Finished Work by Me

Get worries out of your mind and onto the page.
NOTICE WHAT IS HAPPENING IN THIS VERY MOMENT.

WHAT CAN YOU SEE?

USE YOUR SENSES TO GUIDE YOU.

WHAT CAN YOU HEAR?

- hummingbird buzzing near feeder.
- cars driving by in the distance.
- neighbor coughing
- chirp chirp bird
- pretty whistle bird
- the scrubbing of a grill

It's starting to rain.

the neighbor says to his wife.

- Dad crinkling paper
- my own breathing
- my pencil on paper
Tell me more about the here and now.

Experience

What can you smell?
- Soap scent on my hand

What can you taste?
- Lemon in my water.

What can you feel?
- The cushion on the chair supporting my butt.
- One foot on the wooden deck.
- The pencil in my hand and my sketchbook on my belly.
- The breeze on my leg.
- My legs crossed.
- An itch on my nose.

Allow cartooning to be an entryway to mindfulness.
CCS HAS PROVIDED ME WITH SOME SIGNIFICANT MOMENTS.

2010 SUMMER -2011 WORKSHOPS
TEACH ME EVERYTHING!

2013 EDUCACTOR COMICS SYMPOSIUM
TEACHERS USING COMICS

2018 GRAPHIC MEDICINE CONFERENCE
DRAWING WITH DOCTORS!

2019 CORNISH CCS RESIDENCY FELLOWSHIP
(PRECIOUS TIME TO WORK ON MY BOOK!)

2019-2020 DISCUSSING AND MAKING COMICS ABOUT MENTAL HEALTH FOR KIDS.
This comic book is now finished. It helps students understand what’s going on in their brains, coping strategies for anxiety and depression, and resources to get help.

Let’s Talk About It

A Graphic Guide to Mental Health

The comic will be distributed to schools throughout the country and a digital version is available for free on the CCS website: cartoonstudies.org/mentalhealth

Learn more about my work at carabeancomics.com
THE CENTER FOR CARTOON STUDIES AND ITS STUDENTS MAKE COMICS TO BETTER UNDERSTAND OURSELVES, OUR COMMUNITY, AND OUR WORLD.

PLEASE SUPPORT OUR WORK!

CARTOONSTUDIES.ORG