

The Center for Cartoon Studies
PRESENTS



CARTOONING IN AN ANXIOUS AGE

HEY!



WANNA
DRAW?

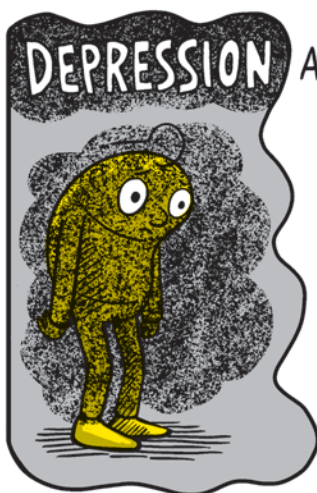
WITH CARA BEAN

I AM AN
EDUCATOR...

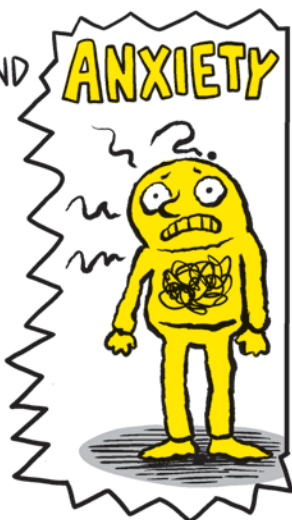
...AND
CARTOONIST...



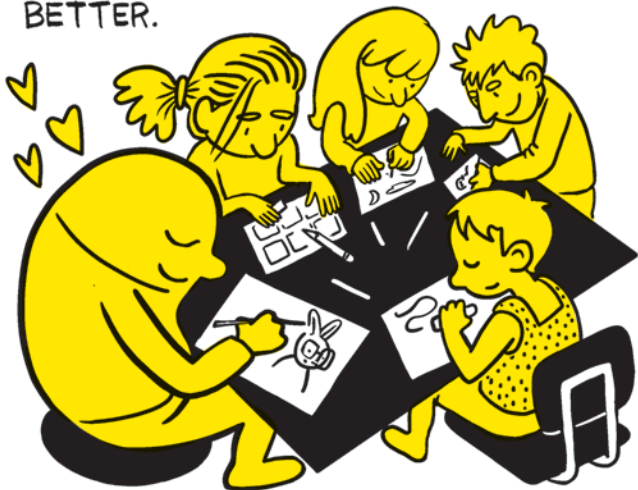
...AND I'M NO STRANGER TO



AND



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.

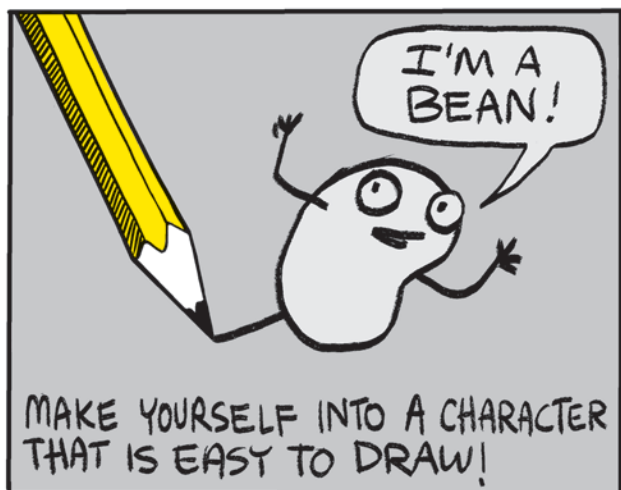
REVERSE DIRECTION
AND CHANGE THE PRESSURE.

ENJOY THE SOUND THAT YOUR
PENCIL MAKES.

BREATHE.



QUICK CARTOONING



WHAT
DO
EMOTIONS
LOOK
LIKE
TO YOU?



DRAW
THE WAYS
THAT YOU
FEEL.

LET'S DRAW THOUGHTS

COMICS ALLOW US TO USE THOUGHT BUBBLES TO CONVEY A PRIVATE REFLECTION.



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:



GET WORRIES OUT OF
YOUR MIND AND ONTO THE PAGE.

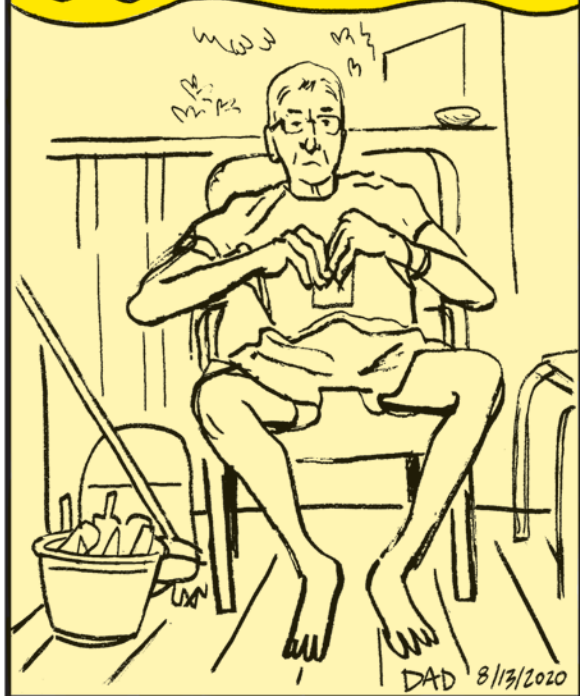
DRAW FEARS:



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.



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



2013 EDUCATOR
COMICS
SYMPOSIUM



2018 GRAPHIC
MEDICINE
CONFERENCE



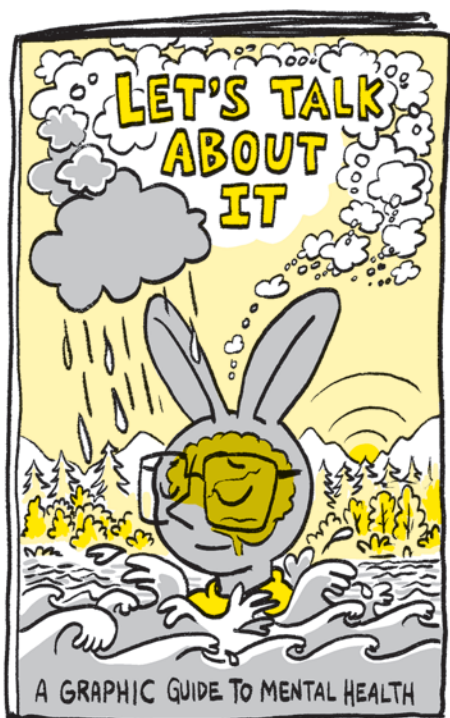
2019 CORNISH CCS
RESIDENCY
FELLOWSHIP



2019-2020 DISCUSSING AND MAKING
COMICS ABOUT MENTAL
HEALTH FOR KIDS.

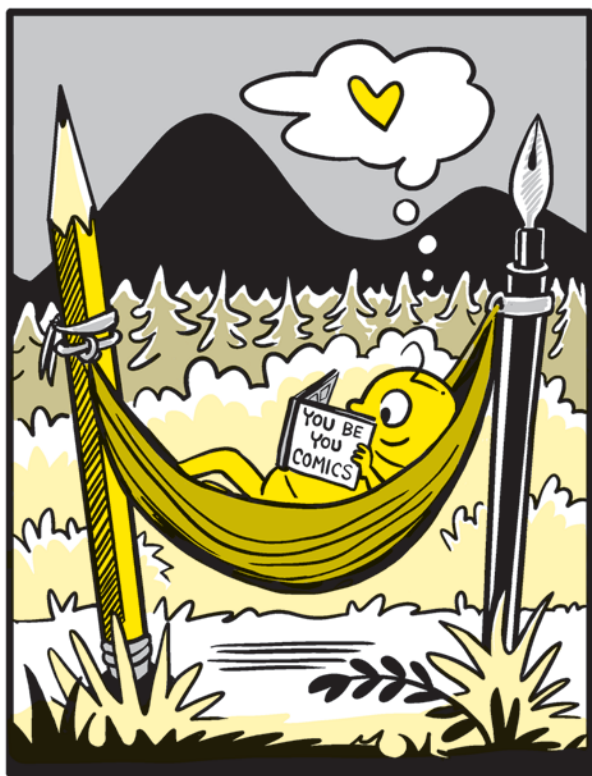


THIS COMIC BOOK IS NOW
FINISHED. IT HELPS STUDENTS
UNDERSTAND WHAT'S GOING
ON IN THEIR BRAINS, COPING
STRATEGIES FOR ANXIETY
AND DEPRESSION, AND
RESOURCES TO GET HELP.



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!

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