

Doodling an Art Form and Therapy for Better Mental Health

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Abstract

Art is no matter whether it is chosen to create it or simply observe and enjoy it is a relaxing and inspiring activity for many people. Many studies suggest that art therapy can be very valuable in treating issues such as depression, anxiety, post-traumatic stress disorder and even some phobias. It is a great way to express anyone's emotions without words, process complex feelings and find relief.

A term Doodle is an unfocused drawing made while a person's attention is otherwise occupied. Doodles are simple drawings that can have concrete representational meaning or may just be abstract shapes. It is the easiest thing to do with a very common media, such as paper, pen and pencil. Doodling is a great fun, it is a way to express, and it's often misunderstood as an art form. It actually help to learn how to draw and make a great addition to the design. Doodle art itself is a style of drawing it looks abstract, it does not contain meaning and also does not have the correct shape but it looks unique and interesting. Doodle art is sometimes capable of reassuring its creator. This kind of work is not just a mere drawing activity, but also has depth of meaning and style.

Doodle art because of its unique characteristics make doodle fans increasing day by day. Even sometimes without realizing that they are creating doodle works. Its examples are found in school notebooks, often in margins, drawn by students daydreaming or losing interest during class. Other common example of doodling are produced during long telephone conversations if a pen and paper are available. There are times when we have many thoughts inside our heads but do not know how to express them. Not letting out our inner feelings and emotions can have negative results or kind of depression. Doodling is one of the many ways to channel emotions and maintain mental health and it did not always have to involve psychiatrists or medication. This article is a studies on a form of art known as Doodling or Doodle art for better mental health. In this study it is tried to explain how doodling can help a person's mental state and provide an alternative to turn happiness, sadness or even destructive thought into a productive art piece. To study the doodling as a form of art that help's people in reducing their mental stress is the main purpose of this article.

Keywords –Doodling, Doodle, Mental Health, Art therapy, Reassuring, Daydreaming.

Introduction

Doodle is also known as 'Scribble' means a piece of writing or a drawing that is done quickly or carelessly. According to Wikipedia A Doodle is a drawing made while a person's attention is otherwise occupied. These are simple drawings that can have concrete representational meaning or may just be composed of random and abstract lines, generally without ever lifting the drawing device from the paper, in which case it is usually called a "scribble".

Doodling and scribbling are most often associated with young children and toddlers, because their lack of hand-eye coordination and lower mental development often make it very difficult for any young child to keep their coloring attempts within the line art of the subject. Moreover it is common in adults also as it is done joyously, out of boredom.

Typical examples of doodling are found in school notebooks, by students daydreaming or losing interest during class. Other most common examples of doodling are produced during long telephone conversations if a pen and paper are available.

Objective of the research paper

The effects of art on depression and mental health are widely recognized, but sometimes it can be hard to commit to a form of art which is perceived as being more expensive and time consuming like painting. Doodling is a simple form of art which is accessible to anyone and simply requires a pen or pencil and a sheet of paper. It is an art form mostly doing in the passing time when get bored by anything like phone calls or lectures etc. the objective of this research article is to explore the various form of doodling art and also mention its benefits. The current study expands upon previous research by exploring the impact of structured and unstructured doodling. This research article is to state that doodling not only improve concentration but also has been shown to have surprising benefits, helping individuals deal with depression and anxiety and also regain mindfulness.

History and origin of Doodle art

Doodle art history can be said from the cave paintings. The oldest style of doodle art, long before anyone even knew the letters and writings, in which doodling as used as a tool to tell a story from generation to generation.

Doodle from very long has been downplayed as an absent minded sketch, passing the time as we idly chat on phone or draft

off during meetings. The word doodle first appeared in the early 17th century to mean a fool or simpleton. It may derive from the German Dudeltopf or Dudeldop, meaning simpleton or noodle. It is the origin of early eighteenth century verb to doodle, means “to swindle or to make a fool of”. The modern meaning emerged as a term for politician who was doing nothing in office at the expenses of his constituents. That led to more generalized verb “to doodle” which means to do nothing.

In 1936 in the film 'Mr.Deedsgoes to town', the concept of doodling is explained as “People draw the most idiotic pictures when they are thinking”. It is also describes for people who make “foolish designs” on paper when their mind is on something else.

Types of Doodling

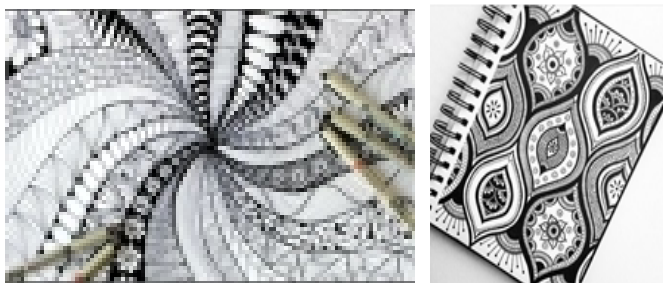
Five main style of Doodle based art are found, each style or type has its own specific characteristics and forms and are equally beautiful. They are

1. Zentangle
2. Zendoodling
3. Stendoodling
4. Mandalas and
5. Doodle art

Zentangle:

This is an easy to learn relaxing and fun way to create beautiful images by drawing structured patterns. In this method beautiful images is created from repetitive patterns, and even though it is a specified series of steps, it results in a creative expression that transcends its own rules. Zentangles are based on focus means each stroke is created intentionally. No Eraser is used means work your mistakes into your design. Foundation or limits from the use of strings. It is abstract means should not look like something. Ceremony means sort of Japanese tea ceremony.

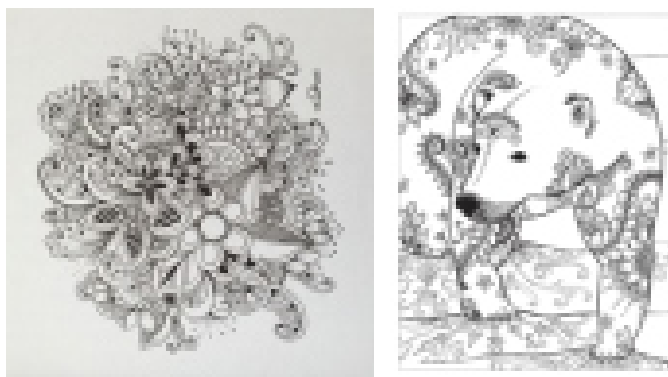
Zentangle are created on small 3.5 square paper tiles and are made up of a foundation of strings which used to define area which are filled with 'Tangles 'that is single repetitive patterns. Tangles often have specific names and ways of drawing each pattern, in fact, the book can even filled with tangle patterns. The act of creating a Zentangle is called 'tangling and is a form of meditative art, where the artist focus on creating each single line rather than a particular image.It are constructed on black and white, should not look like something and are absolutely not a mindless drawing activity, but rather than created with purpose and intent. Zentangle inspired Zendoodle.



Zentangle Doodles

Zendoodling:

Zendoodling has its roots in Zentangling and share many similar qualities like focus, design, repetitive tangle patterns but the only thing differ it is it can be colour, on any size paper, a specific shape such as word, letter, animal and may have a top and bottom. It somewhat similar with zentangle as using same or similar tangle patterns to create the images, but with Zendoodling you could draw a leaf outline and then fill it with tangle patterns, we can add tangles to a portrait or even 3D object. Zendoodling is very much like Zentangling with the same repeating and meditative patterns but no restrictions on shape size or colour.



Zendoodling

Stendoodling:

Stendoodling uses stencils to create an image outline, patterns within the design and even the individual doodle patterns. Stendoodle can create by using stencil or mask to create a shape like feather. It can be done by use of section within that shape like rays of sun and then use smaller stencils to create patterns within each section.This doodle art is found by the Brazilian artist Michael Trent.Stendoodling can be done by any one only need to trace around a pattern or shape.

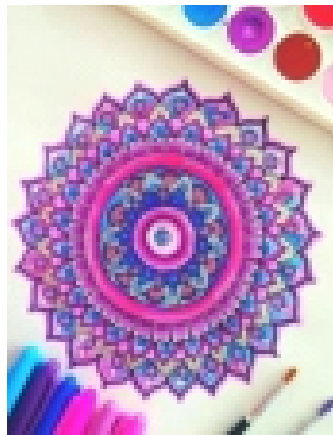


Stendoodling

Mandalas:

The word Mandala is a Sanskrit word that means “circle” and is a very old custom practiced by many cultures and religions like Buddhists, Hindus, Native Americana, Christians etc. traditionally used in meditation or as a spiritual tool to present connectedness to the universe, mandalas are now often used to promote mindfulness and relaxation as the act of creating a mandala can be calming and help to focus the mind. Mandalas are created with a purpose in mind such as wholeness, connection, intentions, the creator should focus on their purpose as they draw. It is complete when the creator feels it is complete or when have lost focus. There are some colors and there meaning to assist in making mandala

Red	strength, high energy and passion
Pink	love, intuition and the feminine
Orange intuition	creativity, transformation, self-awareness and
Yellow	learning, wisdom, laughter and happiness
Green and caring	physical healing, psyche ability, love of nature
Blue	emotional healing, inner peace and meditation
Purple	all things spiritual
White	spiritual focus
Black	mystery, deep thinking and individuality



Mandalas

Doodle art:

Doodle art is a catch all the name that is used to describe all doodling that dose not fit into a specific 'form or style'. It can be black and white or colored, be something or abstract, be a part of a larger artwork or be the artwork, be complex and intricately composed piece or scribbled drawing as your choice.,

The Meaning of Doodles

Doodling is often described as 'mindless art' but some amazing

doodles people have created. So instead of using the term doodling it can be call doodling art. Doodle art is the no rules, low stress, fun from that is simple. Researches have shown that doodling actually helps you pay better attention to things going on around. It is proven that if someone is doodling during a class or meeting, through everyone else thinks that he is not listening, it is actually helping his mind to focus. For many people doodling art is creative task as they like to draw, but don't want to caught up in something too time consuming. The beauty of doodle art is that it is fun and relaxing, can be large or complex as any one like and one can finish whenever you like. It is a quick form of art, with repetitive elements creating a harmony with as much effort required.

Different people doodle different things and even the same person will doodle different things depending on their mood. These are not random. Just because you are doodling absent mindedly doesn't mean you mind is absent. Researchers has found meaning of doodling different things. like:

People or human figure: drawing people or human figure indicates a successful person. Someone with a healthy self image and connects identity to complete body. It suggests a person is in control of their emotions and can achieve their goals.

Faces: drawing faces in general, beautiful and attractive faces reflect a positive and optimistic outlook. Ugly faces represent negative or distrustful views. Extra detail on eyes suggest a desire to be noticed. Or feel likes being watched or their privacy is invaded. Lush, voluptuous lips can mean a deep seated, secret desire. Faces shape and style also telling. As cartooning face doodles signify a need for attention. Wide, circular faces mean innocence, and neediness. Even the direction of the face is telling, profiles tend to be popular among introverts.

Flowers: flowers are the most common and popular drawing motifs, ingrained in us from childhood. Flower indicates a gentle, passive or even fragile nature. They are delicate and pretty as they are; they are very susceptible to the forces around them. There is various shape like circular flower with rounded petals, it is one of the most positive flower doodles. Other is circular center with pointed leaves or thorns it indicates a kind hearted individual, but the pointed leaves indicate distrust or defensiveness. Some other like Perky flowers point to openness and a carefree attitude. Vs droopy flowers suggest an unwillingness to open up.

Squares, cubes and checkerboards: This kind of Doodles typically indicates a person who is efficient, analytical, and in control and to solve the problem working through it logically. Checkerboards suggest patience and persistence as the doodler weighs every option.

Bricks: Tightly packed brick doodles indicate some obstacle in between you and your goals. Scattered or unconnected bricks indicate a positive association with walls like planning a new home or the place you met a schoolyard crush.

Arrows:simple to draw and packed with meaning, arrow doodles might be basic signs for direction. Upward facing arrows show ambition, optimism or motivation. Downward facing arrow show dread, pessimism or worry.

Flying animal: flying animals like birds bees or butterflies, dragonflies and other flying creatures. Meaning is really a desire to be free and not tied down.

Houses: Houses are also common motifs instilled in us during childhood. These doodles typically represent one's home life or sense of security. If a nice, tidy drawing shows a healthy home life, while a messy or asymmetrical one reveals trouble. Some other details like no window indicates unhappiness or feeling trapped. On top of a hill indicates loneliness or isolation. Smoke from a chimney indicates a warm fire inside and good sign.

Doodling: An innovative therapy against Depression

According to the National Mental Health Survey conducted in India, one in 20 people over 18 years of age have dealt at least once in their life with depression. The effects of art on depression and mental health are widely recognized, but sometimes it can be hard to commit to a form of art which is perceived as being more expensive and time consuming such as painting. Doodling, a simpler form of art which is accessible to anyone and simply requires a pen or pencil and a sheet of paper has also been shown to have surprising benefits, helping individuals deal with depression and anxiety and also regain mindfulness.

Doodling can be used as a stress relieving technique. This is similar to other motor activity such as fidgeting or pacing that are also used to alleviate mental stress. According to a review on Wikipedia over 9000 submitted doodles, nearly 2/3 of respondents recalled doodling when in a "tense or restless state" as a means to reduce those feelings. Scientists believe that doodling's stress relieving properties arise from the way that the act of doodling engages with the brain's default mode network. Doodling is often incorporated into art therapy, allowing it's users to slow down, focus and de-stress.

How doodling works

Doodling is accessible to almost anyone and does not need to possess any kind of artistic qualities, so it frees the individual from "performance anxiety" and the feeling of needing to create something beautiful. Doodling can simply be the repetition of patterns, random words, shapes or anything else you feel like drawing. It doesn't have to be aesthetically pleasing.

Doodling helps the mind slow down and consequently can help with overthinking or wandering into negative thoughts, it is calming and provides stress and anxiety relief. Doodles look like they are random but actually multiple studies have shown that they are not quite as random as they appear. Doodling is our brain's way to make sense of our lives, filling in the gaps which can't be filled by normal memory or through processing. Doodling allows us to find the lost puzzle pieces and put everything back together, recreating whole memories and enhancing our sense of self and meaning in the process.

Conclusion

Research shows that 75% of Indian population have acquired a minor or major mental health condition that requires medical intervention. Studies proven that art relieves stress and depression. Creating art whether through painting, sculpting or drawing, supplies your brain with a much-needed break from its

customary thought patterns. Doodling is a form of art that actually helps you pay better attention to things going around you. The beauty of Doodle art is that it's fun and relaxing. It gives you an emotional outlet, it helps to express feelings, even calm you down if you're frustrated, anxious or depressed. Doodling enhance creative thought. Doodling can actually benefit mental health, when we doodle we express ourselves in our work, and this helps to express anxiety and other negative feelings. It is a form of art and a fantastic way to aid mental health in people of all ages.

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