The main goal of this thesis was to determine the effect of relaxing creative activity on reducing perceived levels of stress. Relaxing creative activities are simple forms of fine art and drawing method called Zentangle was used. This thesis is based on 2 main hypotheses: the first being that Zentangle method has the potential to favorably affect the human psyche and can reduce level of stress, the second being that the effect of this method will increase with higher levels of experienced flow. The theoretical part of this thesis is focused on clarifying fundamental concepts, important for the research. These concepts are stress, methods for decreasing stress and the concept of flow. In the empiric part of the thesis, the stated hypotheses were tested by a quantitative design. The research was carried out with 55 participants, divided into 3 groups – the first was practicing creative art activity, the second was used as an active-control group and was practicing hand yoga, and the last group represented passive-control group. Levels of stress and flow were measured by questionnaires. The influence of relaxing creative activity and hand yoga on reduction of perceived levels of stress was verified by statistical methods. The second hypothesis, stating that higher levels of flow will increase influence of these activities on stress, was also proven to be true.