



Nurturing Resiliency

Through Creative Expression

March 4, 2021

Why learn about resilience & creativity?

We are attempting to cope with...



Isolation &
Loneliness



No Control &
Freedom



Grief &
Loss



Stress &
Anxiety



Illness &
Disease

Why learn about resilience & creativity?

Here's how we are currently coping with COVID...



Nearly $\frac{1}{4}$ of people reported engaging in heavy **episodic drinking**.



Nearly $\frac{1}{4}$ of people felt **lonely** occasionally or most of the time in the past week.



Those who have switched to working from home are more likely to have moderate to severe **anxiety** levels compared to other groups.

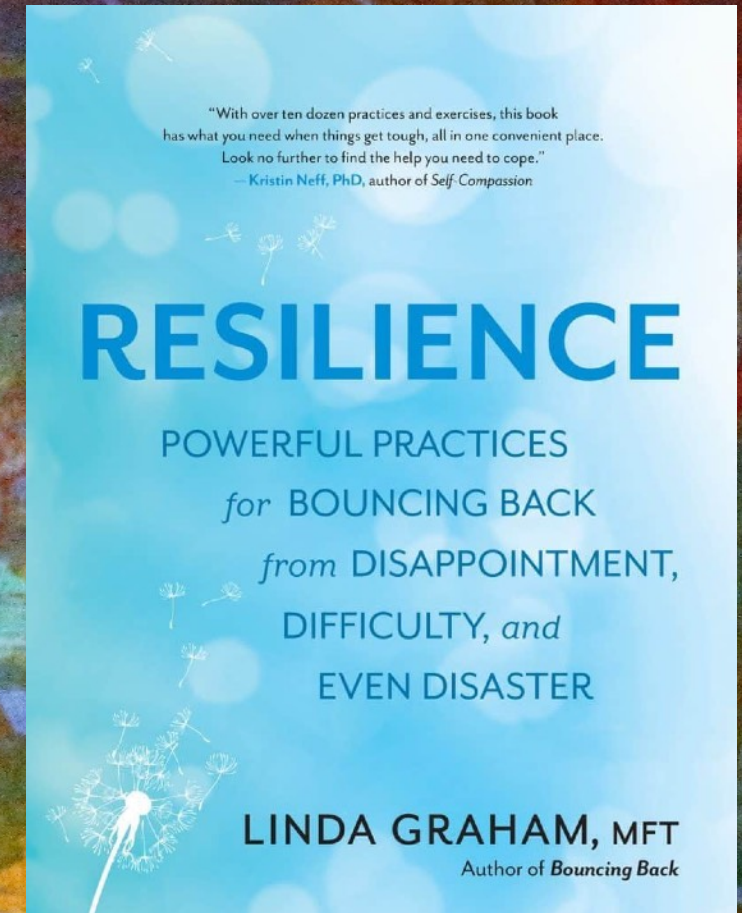
What is resilience?

“How you respond to the issue...
IS the issue ”

Attitude & Behavioural Shift

Refocus from Event to Coping

Empowerment



An abstract background painting featuring a rich palette of colors including red, purple, blue, green, and yellow. The texture is layered and expressive, with visible brushstrokes and overlapping colors. A dark horizontal band is positioned across the upper portion of the image, serving as a backdrop for the main title.

Why cope using creativity and art?

A dark, semi-transparent rectangular box with a gradient from dark purple to black, containing white text. It is positioned on the left side of the slide, overlapping the abstract background painting.

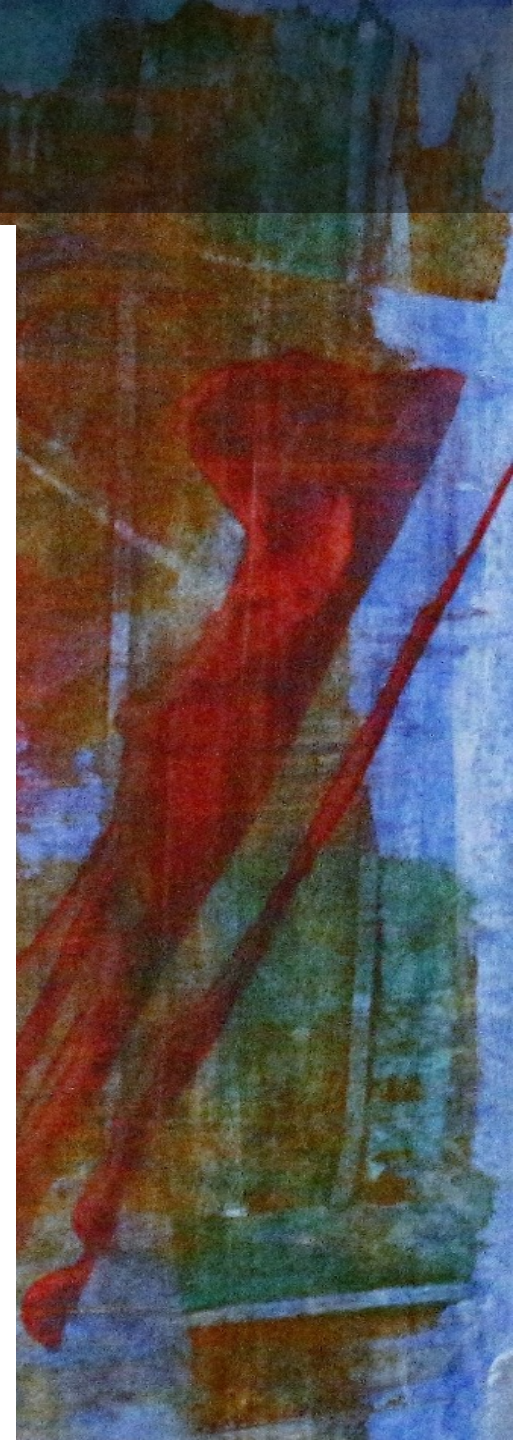
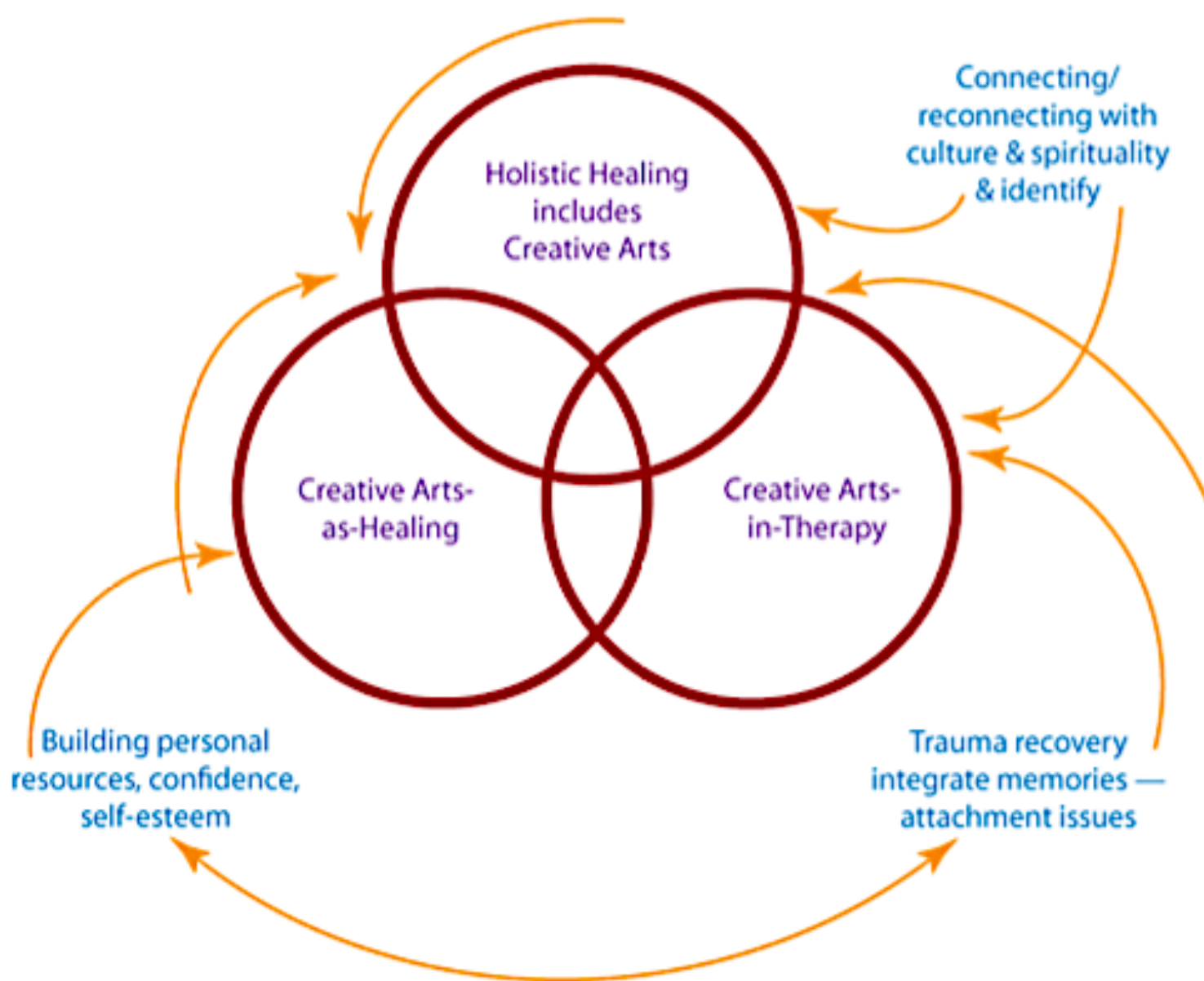
Indigenous &
Contemporary
Culture

A dark, semi-transparent rectangular box with a gradient from dark purple to black, containing white text. It is positioned on the right side of the slide, overlapping the abstract background painting.

Western
Neuroscience

Culture: Art and Healing

Indigenous vs.
Western Models



Culture: Art and Healing

The Medicine Wheel

“Physical: Helps person be grounded and be in the present”

“Emotional: Helps to express and externalize emotion, release tension and stress”



“Spiritual: Helps to reconnect with spirit”

“Mental: Helps to organize and create perspective”

Culture: Art & Healing

Navajo Sandpainting
Ernest & Wayne Hunt



Culture: Art & Healing

Navajo Sandpainting

Ernest & Wayne Hunt



The Four figures are the Female Yei = who walks in the beauty Path. Healing - blessing the sickness. She's like walking in harmony with the Great Spirit. The Bears represent strength - protection. Bear tracks for walk in happiness.

The Rainbow bars for journey in life to where the Great Spirit.

The center square is night way, which has the stars - moon - constellations.

The Rainbow around the painting is protection for the Sandpainting.

Eagle feathers for wisdom - Honest - Friendship - life. Using all natural colorful rocks, grind down into fine sand.

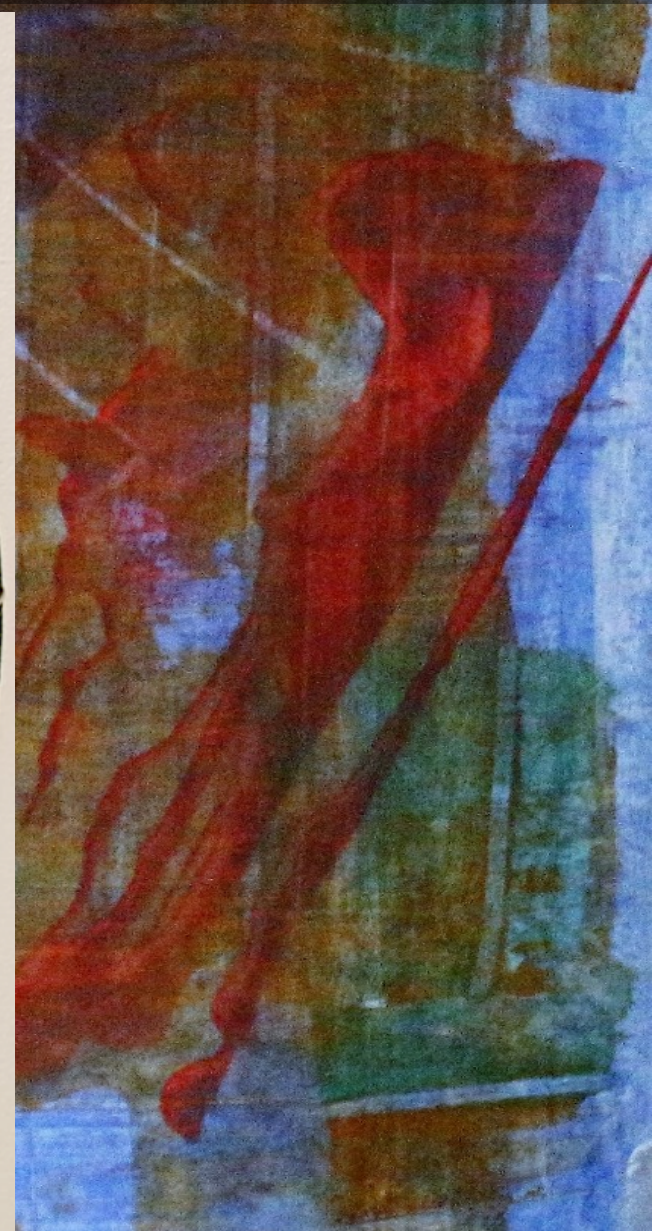
ERNEST Hunt
+
Wayne Hunt
1987-



Culture: Art & Healing

Indigenous
Beadwork

Emily Perreault



Culture: Art & Healing

Local Artists

Richard Boulet



Neuroscience: Art & Healing



Navigate Future Problems



Reward Pathways



Lowers Stress & Anxiety



Self-Reflection and Awareness



Behaviour & Thinking Patterns



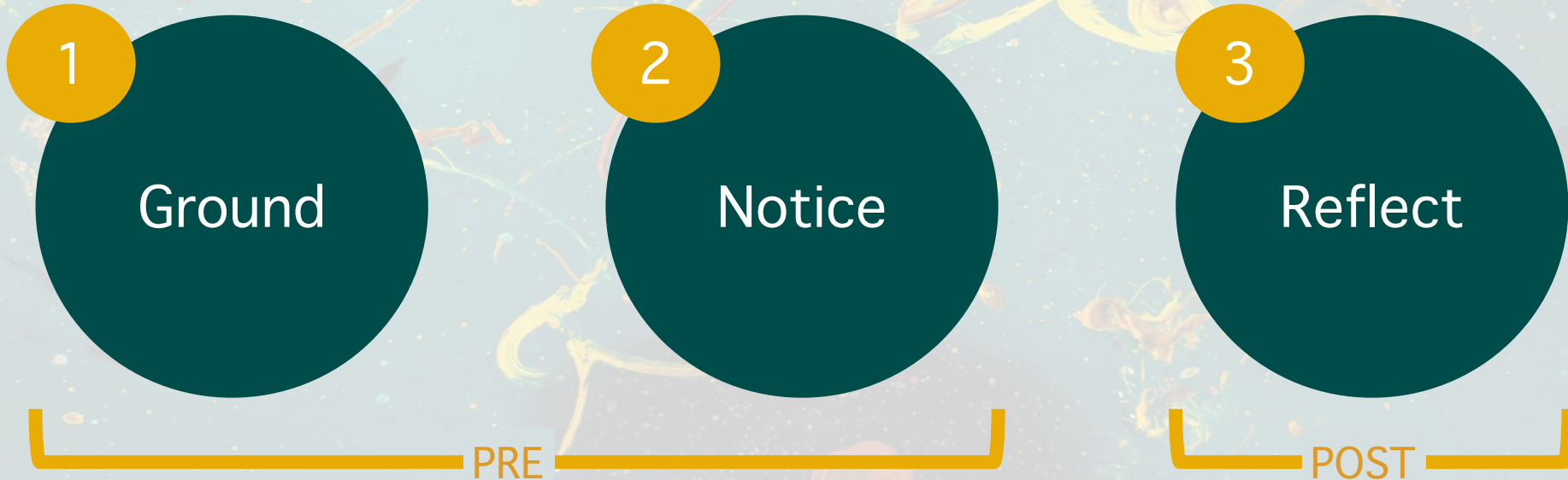
Heart Rate and Blood Pressure



Memory & Resilience

Building Your Art-based Resilience Practice

Pre/Post Practice Rituals



Building Your Art-based Resilience Practice

Material Choice is Important

Structured

- Graphite or coloured pencils
- Collage & stamps
- Pens & markers

- Greater sense of control
- ADHD/Anxiety
- New to art making

Fluid

- Watercolour or oil paint
- Clay
- Oil pastels

- Tap into emotions
- Break through intellectualizing or perfectionism

Meditative Drawing

Materials Required:

- 1-2 pieces of paper
- 1-2 markers
- Access to a live fish

Instructions:

- Observe the movements of a live fish
- Record its movements on paper
- Once you've created an interesting shape you can create a composition by repeatedly tracing it onto the second piece of paper (*optional*)



Self-directed or Guided Art Appreciation

Materials Required:

- Access to printed, virtual, or real art images (an image you find peaceful)

Time Required:

- 10 minutes

Instructions:

1. Find a comfortable and private space
2. Notice the colours, shapes and lines
3. Imagine physically being in the art
4. After 10 minutes, slowly bring your awareness back into the room



Woven Mandala

Materials Required:

- 1 paper plate or cardboard
- Scissors
- Pen or pencil
- Yarn (using colours that speak to you)

Instructions:

- Make 19 marks around plate edge
- Using scissors, cut the notches
- With the yarn, create the “base”, leaving a 2” tail
- Moving clockwise or counter-clockwise weave the yarn under and over the spokes
- Once complete, trim any loose ends



Containing Memories, Thoughts, & Feelings

Materials Required:

- 1 sheet of paper
- Pen or pencil
- Container of your choice
- Decorative materials

Instructions:

- Ground yourself first
- Take a moment to design your container
- Consider what design (e.g., size, material) and safe-keeping (e.g., locks, chains) qualities the container might have
- Translate your 2D design into a 3D object



Art Activity Sources Used in This Presentation

The MoMA logo consists of the letters "MoMA" in a bold, black, sans-serif font, centered within a circular frame. The frame is composed of two concentric circles: an outer solid purple line and an inner dashed purple line.

MoMA

[MOMA](#)

The Combat Stress logo features the words "COMBAT" and "STRESS" in a bold, blocky font. "COMBAT" is in red with a white outline, and "STRESS" is in blue with a white outline. Below the main text, the tagline "FOR OUR ARMS AND MENTAL HEALTH" is written in a smaller, blue, sans-serif font.

**COMBAT
STRESS**
FOR OUR ARMS AND MENTAL HEALTH

[Combat Stress](#)



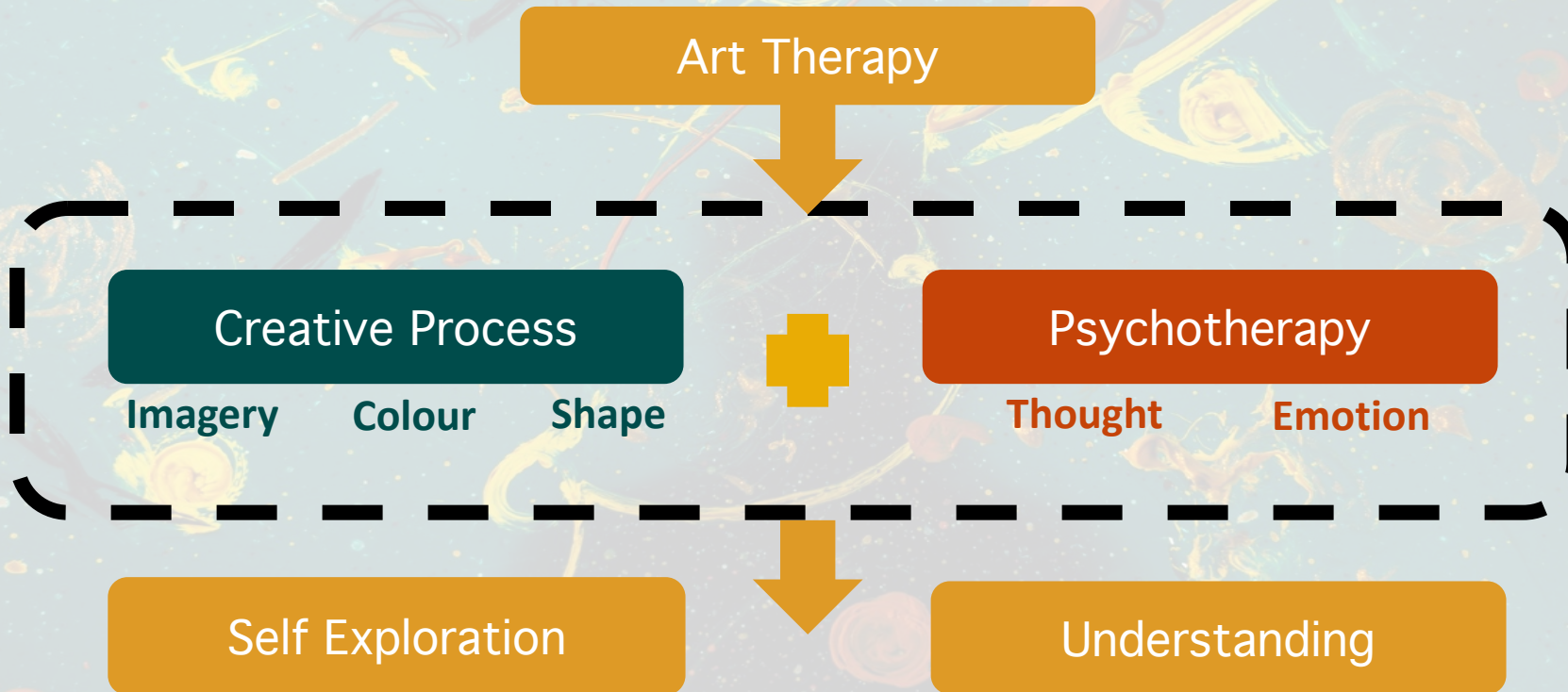
[Thirsty for art](#)



[Creativity in
Therapy](#)

Briefly, What is Art Therapy?

According to the Canadian Art Therapy Association





Thank you.

Questions?