



Recovery . Resilience . ReCreation
“The Arts as Medicine”

Name _____ Date _____

Orientation

Emotions to Elements: art expresses what words cannot. Sometimes we are so emotionally carried away, upset or joyful, that we cannot speak. In these instances creating images is a way of expressing ourselves. Through the creative process, participants experience an awakening that enhances healing and sustains recovery. It is “The Arts as Medicine.”

*“I found I could say things with color and shapes that I couldn’t say any other way-
things I had no words for.” —Georgia O’Keeffe*

Attitude: self-reflection.

Identify the pattern: tendency to see feelings as final and permanent.

Be open to question the accuracy of thoughts: opinion vs fact.

Knowledge: feelings lie on a continuum. They can be mild, moderate or extreme. Feelings are messages: they give us a sense of satisfaction when our needs are being met and they raise our discomfort level when our needs are not satisfied.

Recognize: thinking that a feeling is final or permanent is an opinion and opinions are changeable as feelings.

Rx

Wellness Skills not Pills:

- Commit to reflective living
- Separate opinion from fact.
- Recognize that no feeling is final.
- Choose to use distress tolerance skills knowing that feelings pass.
- Participate in creative activities such as visual art, music, journaling, improv, movement, etc.
- Connect with social support network for comfort and laughter.
- Engage in physical activity. Go for a swim, jog, walk.....add your own.

Refills: infinite, no expiration date, sharing increases benefits

Facilitator signatures _____