

## WE ARE ALL IN THIS TOGETHER

### VISUAL ARTS AND WELL-BEING

**We are all artists, and all of us have the ability to create.** Visual arts include painting, drawing, photography, pottery, textiles, and other forms. Throughout recorded history, many cultures have embraced the idea that the process of producing and expressing art contribute powerfully to the healing process and disaster recovery. Making visual arts could help in expressing difficult experiences, reducing stress and anxiety, increasing positive emotions and identity, and improving our immune system. Moreover, creating visual arts offers an outlet for us to reconnect, reflect on what has happened, and express what we have been through yielding stronger positive effects on our community and personal rebuilding and well-being during disasters. Insightful articles to read:

**The Arts Could Benefit Health Finds Landmark WHO Report:** <https://bit.ly/2Qmm7Bi>, Ananya Mandal, MD, News-Medical.net and **The Power of the Arts in Disaster Recovery,** <https://bit.ly/34v8PLi>, NSF Consulting.



*The CCHS Wellness and Expressive Arts Therapy Teams invite us to participate in active art making by building something, crafting something, sharing something, and contributing something.*

### FIVE FINGERS



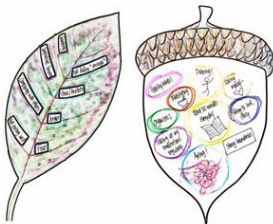
- Take a piece of paper and trace your hand on a piece of paper.
- In the middle of the hand, draw or write about your core beliefs about yourself
- Reflect on your strengths.
- Draw or write words of strengths you identify with on each of the fingers.
- What do you see? How has the activity affected you?

**Hand Outline, Internal and External Resources:** <https://vimeo.com/400413555>

**Visual Template, Goal Setting:** <https://vimeo.com/400966579>



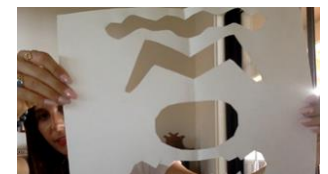
### LETTING GO AND MANIFESTATION



- On a piece of paper, draw a big leaf.
- Write down all behaviors, parts, habits, etc. you want to let go.
- On a second piece of paper, draw an acorn.
- Write down all things you are manifesting.
- What do you see? What was the process like?
- Choose a way to destroy/recycle/tear the paper with leaf to let go.

**Original Artwork Creation with Music in Natural Setting:** <https://bit.ly/3ieYfLR>

**Emotional Release Exercise:** <https://vimeo.com/400966608>



**Virtual Listening Gallery, Wednesdays, 12 PM – 12:25 PM: 09/02 Topic: Extreme Weather Emergency Planning and Well-Being.** Join Microsoft Teams Meeting; +1 925-391-1667 ; Conference ID: 872 649 67#

**Complete the CCHS Wellness Survey Now on your PC, Tablet, or Mobile Phone!** <https://bit.ly/34CR0di> and get your Wellness Kit!

**We care about you.** Thank you for all the wonderful things you do here at work. We welcome your Bright Spots, videos, and heartwarming ideas. Please send them to the Covid Wellness Team at [CovidWellness@cchealth.org](mailto:CovidWellness@cchealth.org). Team Members: Priscilla Aguirre, Claire Battis, Amanda Dold, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Kimberly Nasrul, Samir Shah, Sonia Sutherland, Arlene Trimble. Expressive Arts Exercises provided by **Art of Health and Healing's Expressive Arts Therapy Program c/o Alan Siegel.**