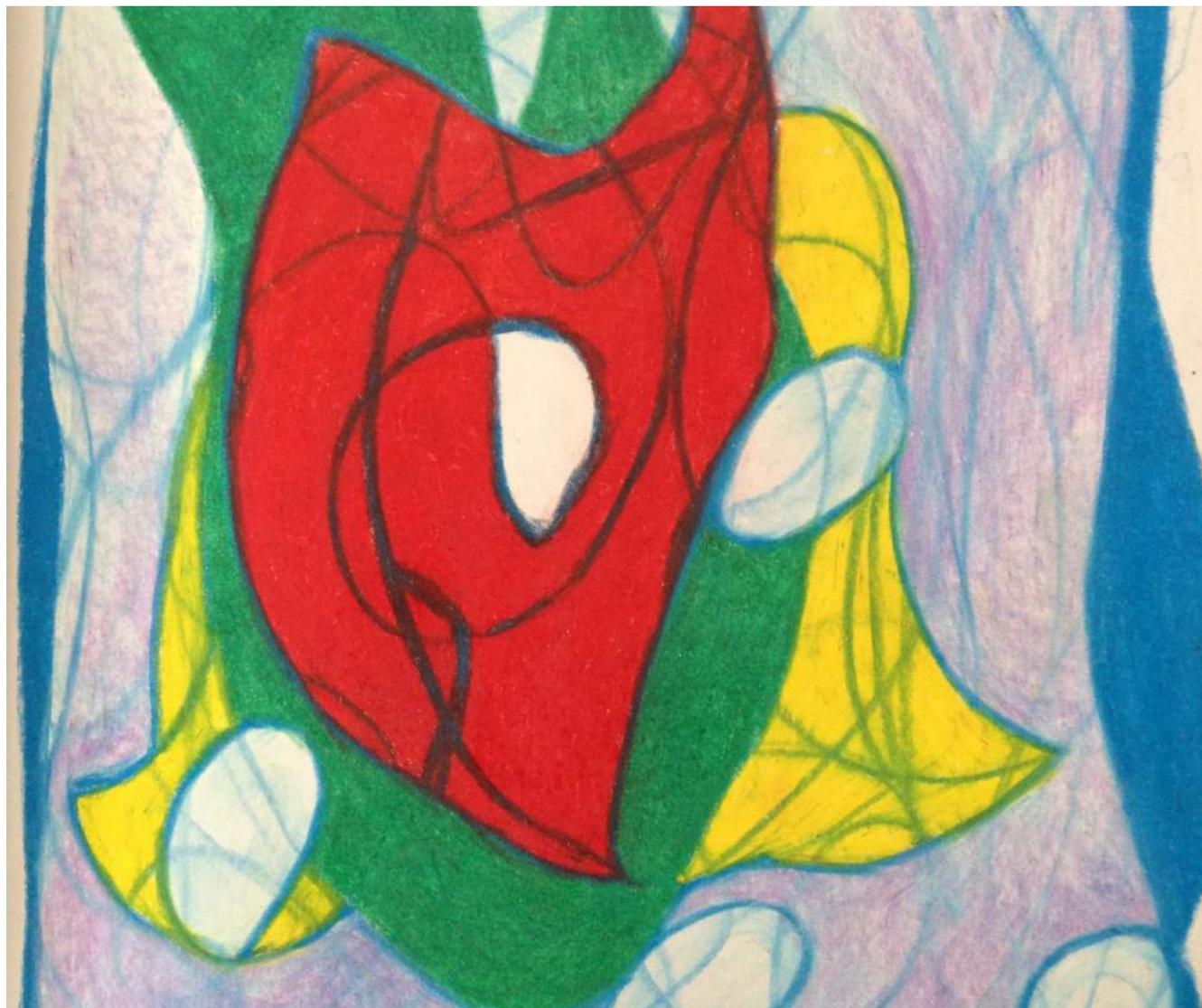


Art Therapy for People in a Hurry

*Loving ourselves
through anxious times*



Outline



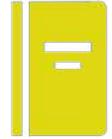
Intro,
acknowledgements,
safety



Set up and Doodle
invitation



Powerpoint
presentation



Personal research
practice – visual
journal and apps



Activity: creating our
emoji's



Activity:
Transformative
Overwriting



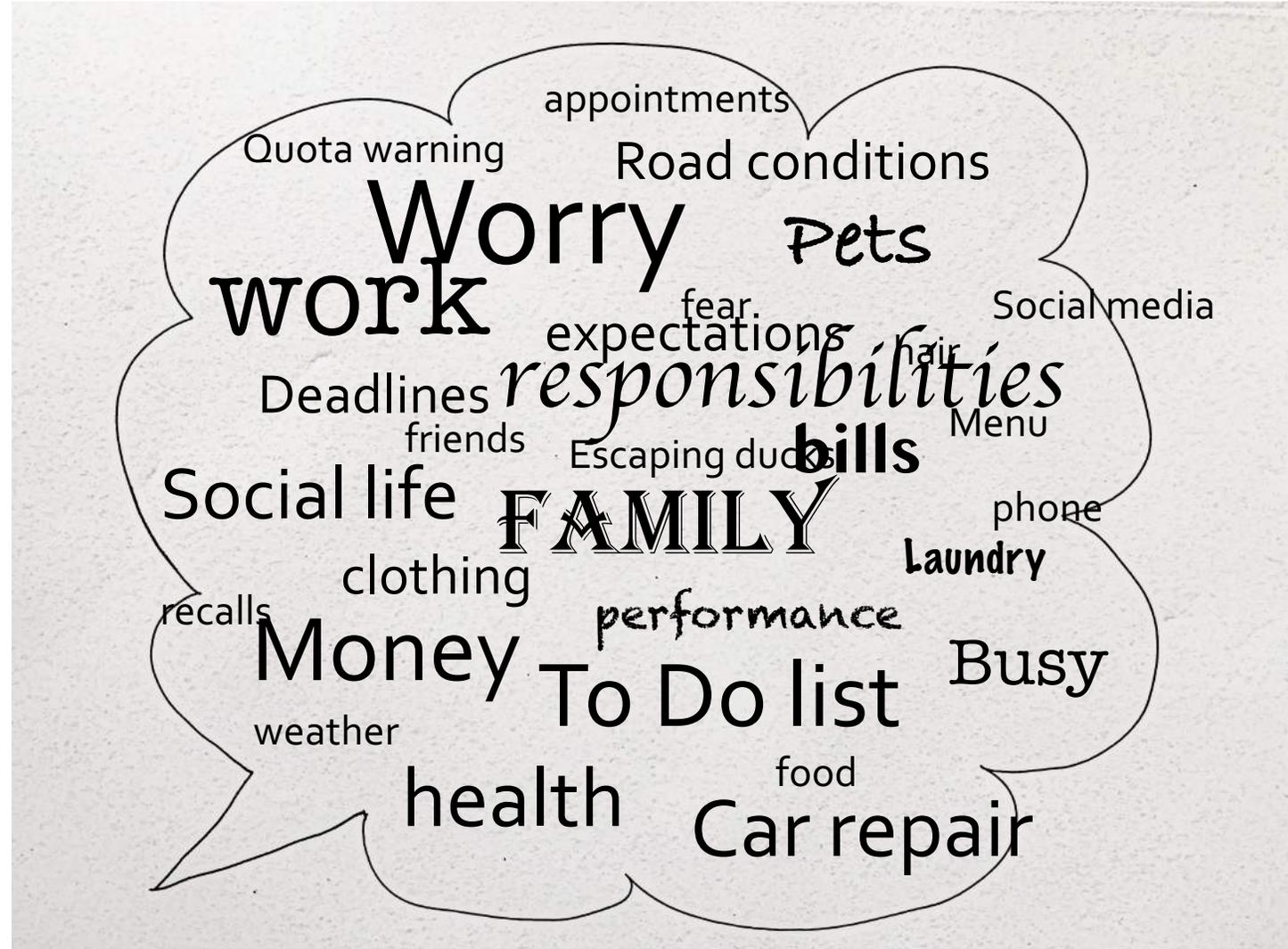
No pressure play and
creativity for self
support (discussion)



Question forum

Invitation to doodle throughout presentation

Create an anxiety cloud



What is art
therapy?

*And how can it
support my
recovery?*



*"Often the hands
will solve a
mystery that the
intellect has
struggled with in
vain."*

Carl Jung

- "Art Therapy is an integrative mental health and human services profession that enriches the lives of individuals, families, and communities through active art-making, creative process, applied psychological theory, and human experience within a psychotherapeutic relationship."

American Art Therapy Association



How art therapy supports my recovery:

Multisensory

Body centred

Emotional, creative expression

Exteriorization and absorption

Meaning making

Reduces stress chemicals

Increases relaxation, mindfulness

What is Anxiety?

Anxiety is the body's natural response to stress

**... a fear or apprehension about something in the
*future***



Anxiety symptoms

*Short term
with purpose*

- increased heart rate
- Rapid shallow breathing (hyperventilation)
- Restlessness
- Difficulty concentrating
- Sweating
- Nausea
- Dizziness, lightheaded
- Muscle tension
- Difficulty sleeping
- ***Where in your body do you experience anxiety?***
- ***What triggers your anxiety?***

Anxiety benefits

Adaptive – protective

Communication/data

Motivating

Energizing

Exciting



Loving ourselves through anxiety

Identify, accept and reassure

5 senses; breathing, mindfulness, grounding exercises

Awareness self-research

Ninja self care and self-regulation

No pressure play and create

What have you tried that helps soothe your anxiety?



Art Making is something
we've always done

We're better together

