Art and Creative Expression as Self-Care

Fred Hutch Cancer Center

Moving Beyond Cancer to Wellness
June 3, 2023
“I live with art and create my life.”

-Anonymous
Art & Creative Expression as Self-Care

- Benefits / Science
- Common Barriers / Obstacles
- How To / Supplies
- Ideas
- PLAY! Practice and experience it!
- Discussion / Q&A
Creativity in Progress
[Exercise]
Drawing Your Breath
What do you need?
What is ART
Art is a conversation.

"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
HOW ARE YOU DOING?
I feel... um...
“Artist”
Supplies
Time
FOLLOW YOUR BREADCRUMBS
Let’s get creative and play....
<table>
<thead>
<tr>
<th>Adventure</th>
<th>Faith</th>
<th>Laugh</th>
</tr>
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<tbody>
<tr>
<td>Beauty</td>
<td>Forgive</td>
<td>Patience</td>
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<tr>
<td>Calm</td>
<td>Fun</td>
<td>Peace</td>
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<td>Compassion</td>
<td>Gratitude</td>
<td>Play</td>
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<td>Confidence</td>
<td>Growth</td>
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<td>Connection</td>
<td>Hope</td>
<td>Spontaneity</td>
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<td>Courage</td>
<td>Humor</td>
<td>Strength</td>
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<td>Creativity</td>
<td>Inspire</td>
<td>Wisdom</td>
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<tr>
<td>Curiosity</td>
<td>Learning</td>
<td>Wonder</td>
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<tr>
<td>Discovery</td>
<td>Love</td>
<td>_________?</td>
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</tbody>
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“Write” Your Word of Intention
Select An Intention

Create a Visual Reminder

PLAY. TODAY.
Celebrate Life!