

Moving Beyond Cancer to Wellness

Fred Hutch Cancer Center

June 7, 2025



Exploring Art and Creative Expression as Self-Care





create
NEXT STEPS

Creativity
IN PROGRESS

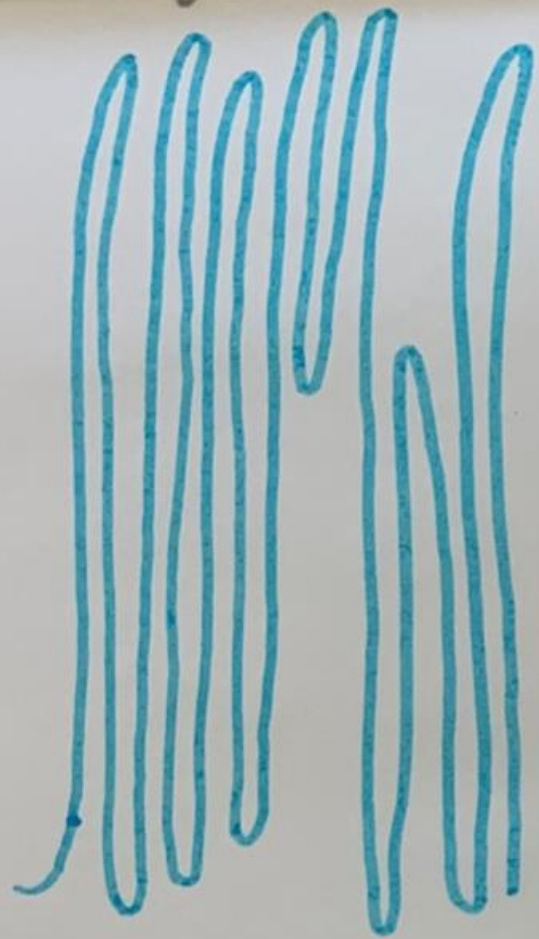




What do you need?



Drawing Your Breath





TODAY

- Benefits / Science
- Common Barriers / Obstacles
- How To / Supplies
- Ideas
- PLAY!
- Discussion / Q&A

What is ART

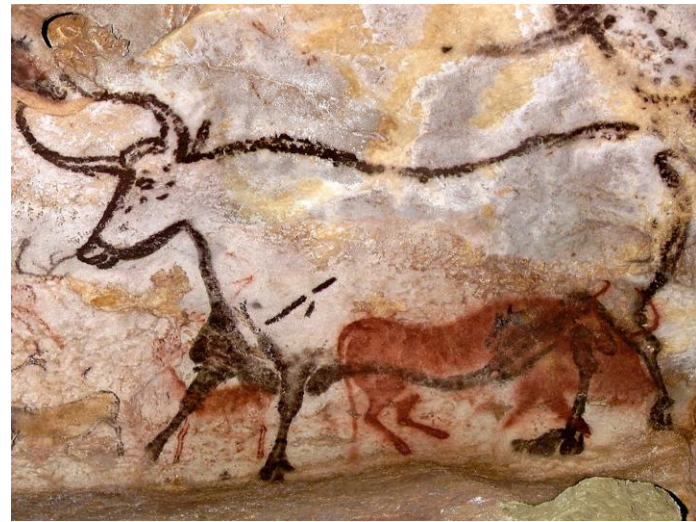


Art is a conversation.

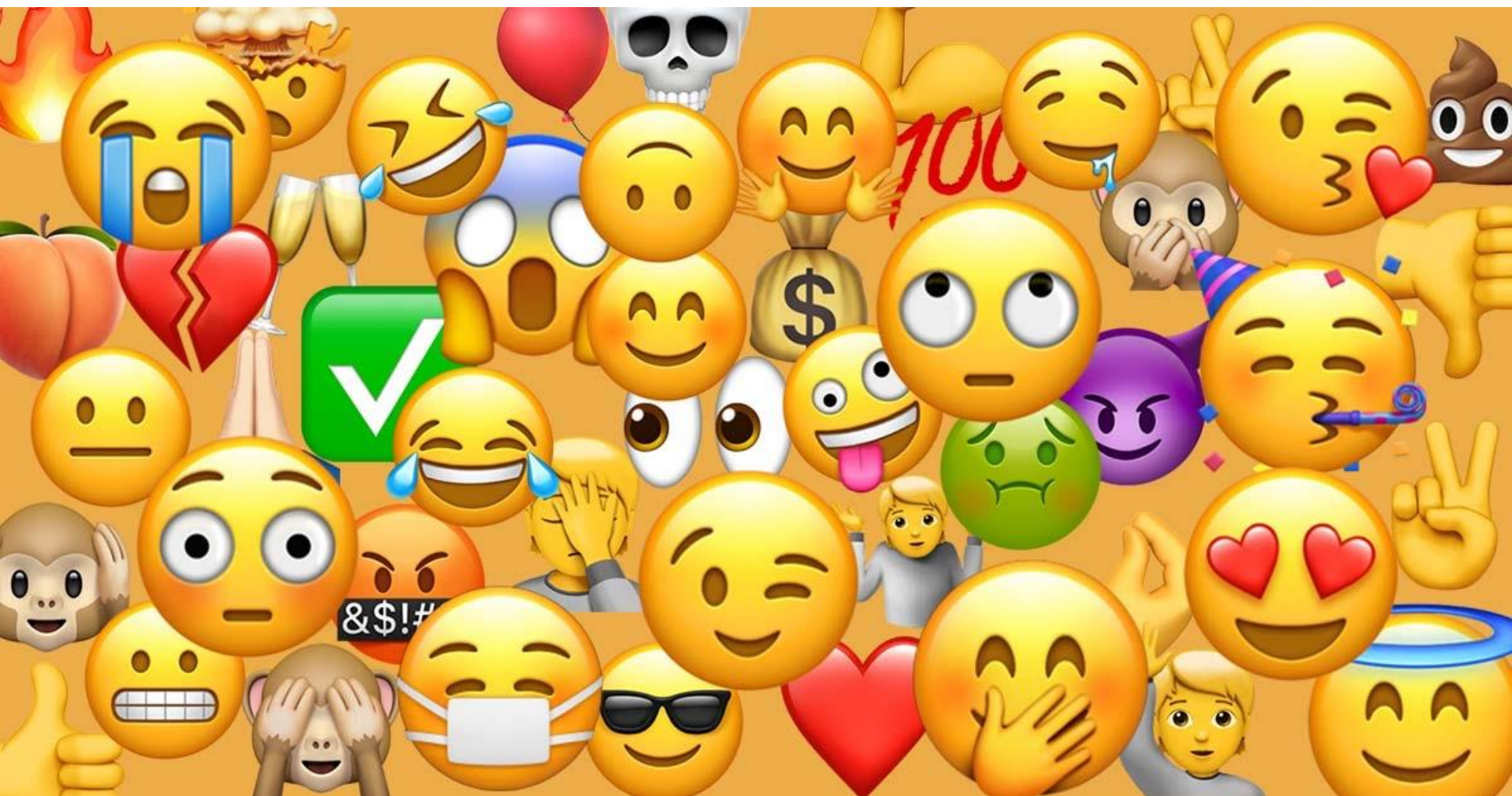


*"I found I could say things
with color and shapes
that I couldn't say any other way –
things I had no words for."*

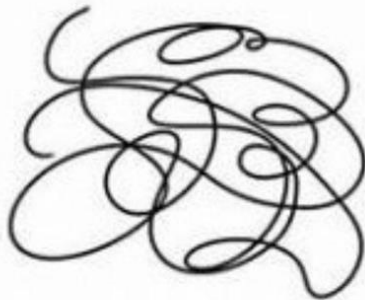
-Georgia O'Keeffe

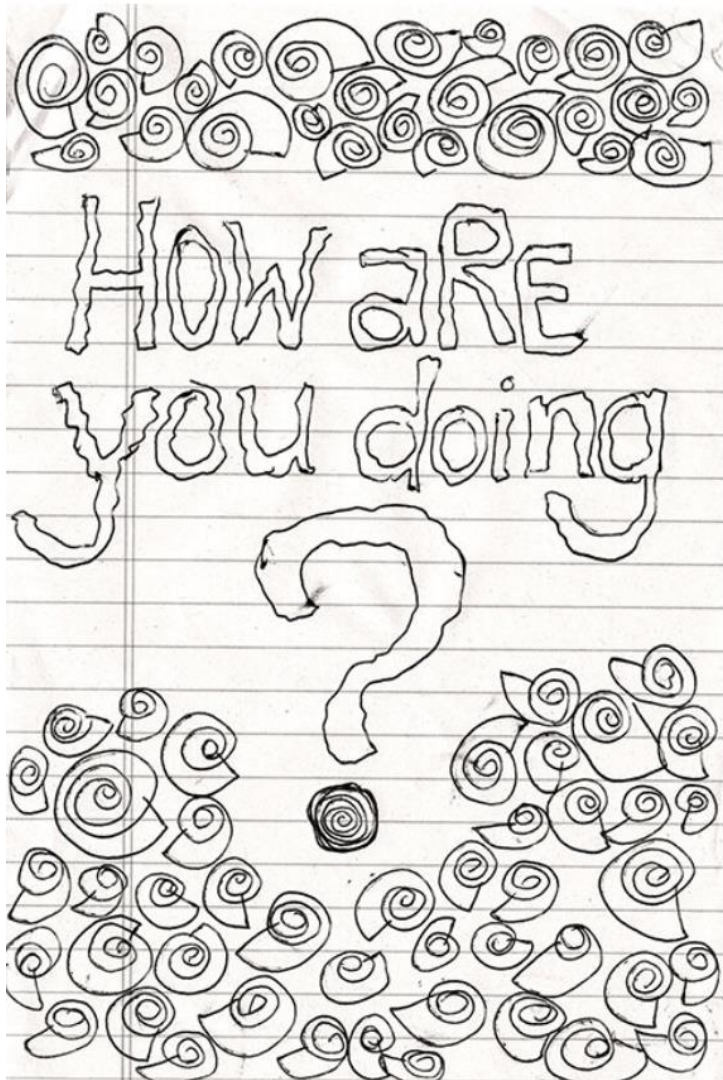


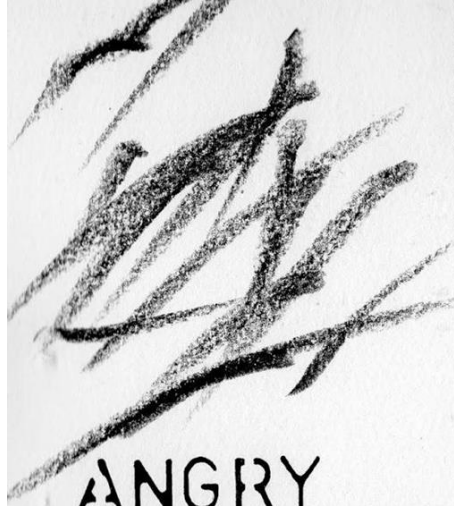




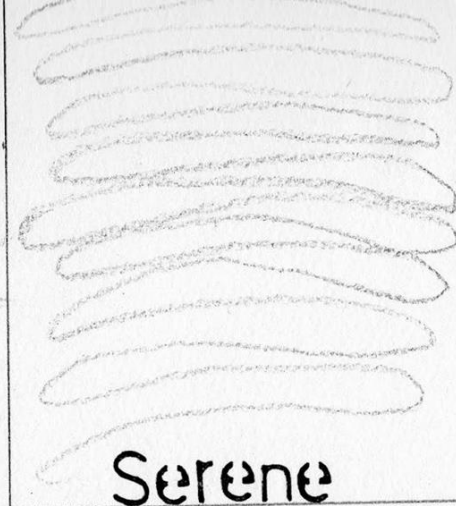
I feel... um...







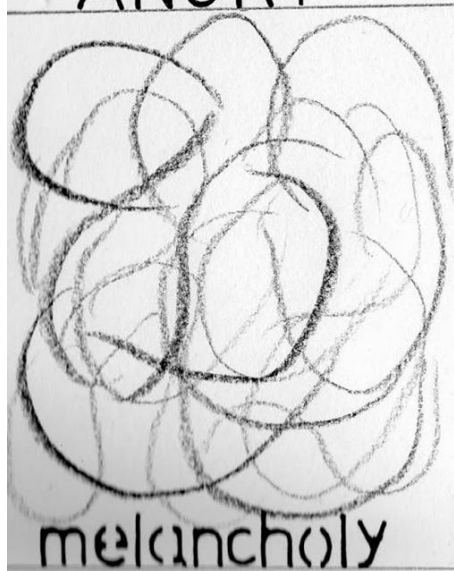
ANGRY



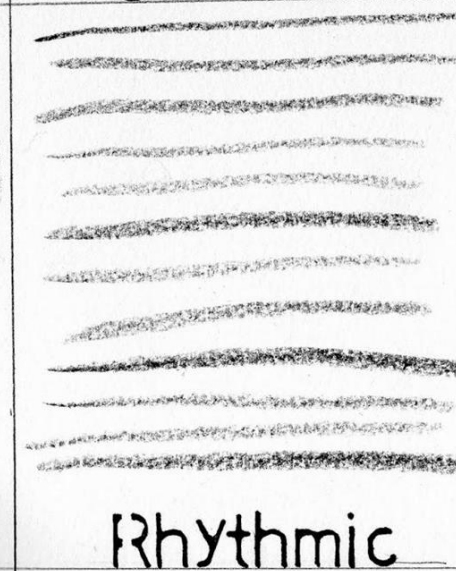
Serene



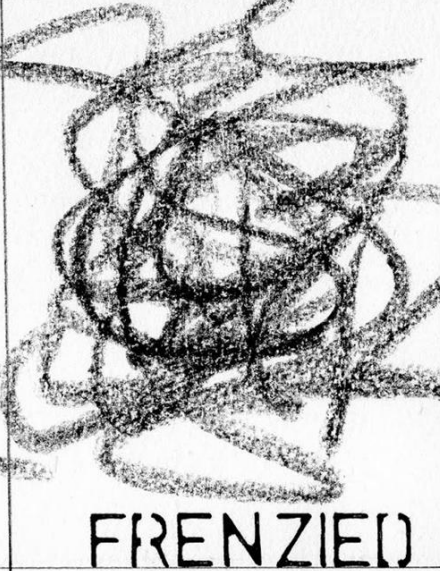
EXCITED



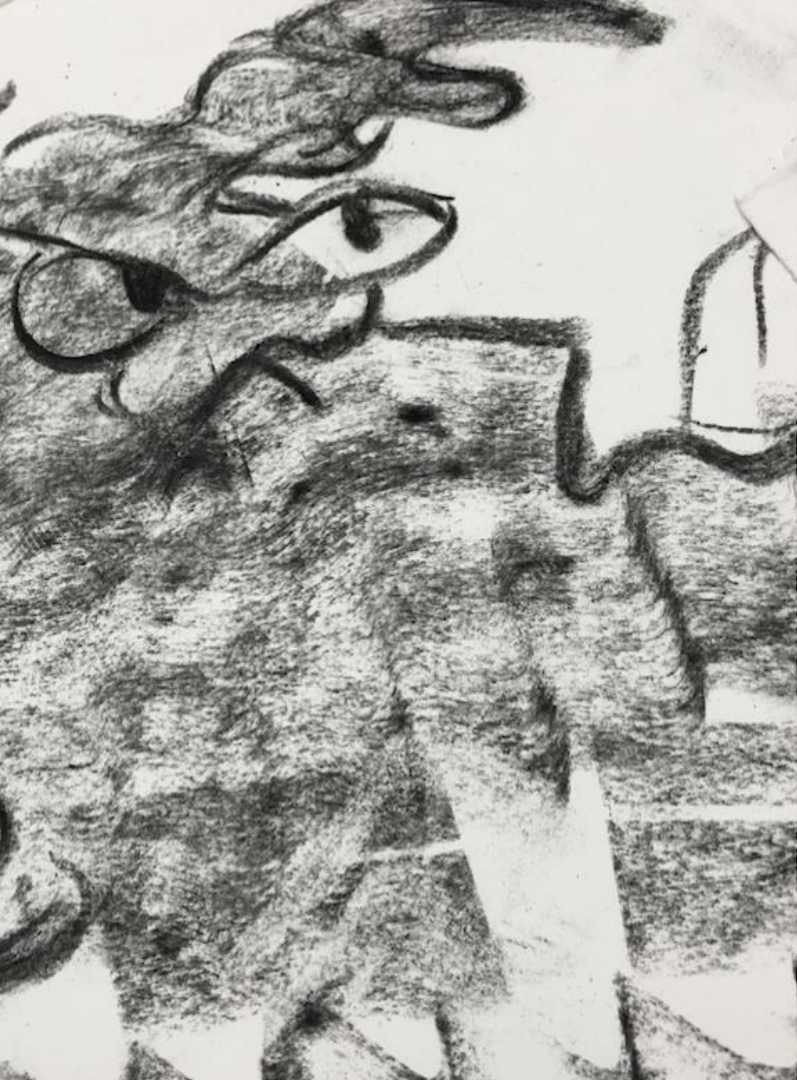
melancholy



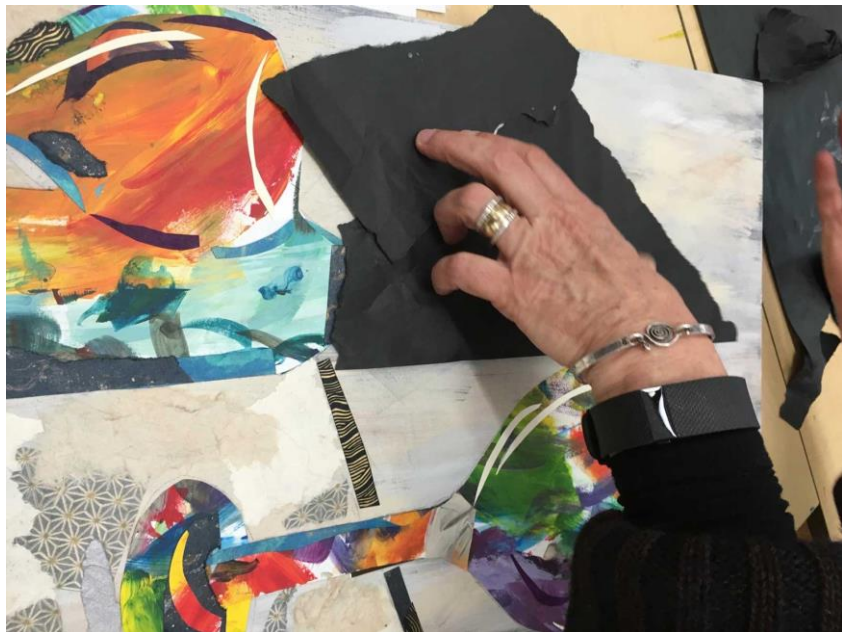
Rhythmic



FRENZIED







Examples







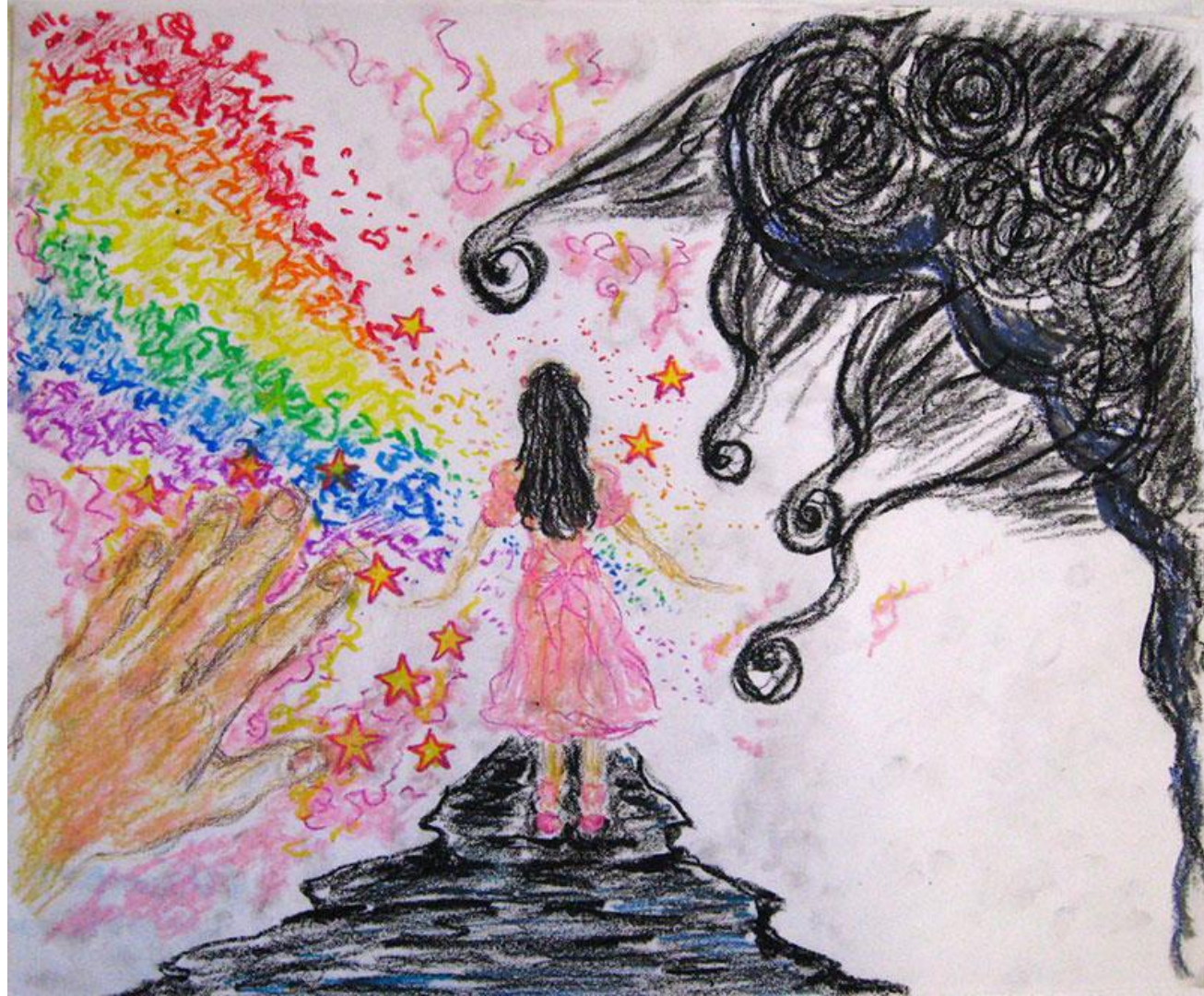


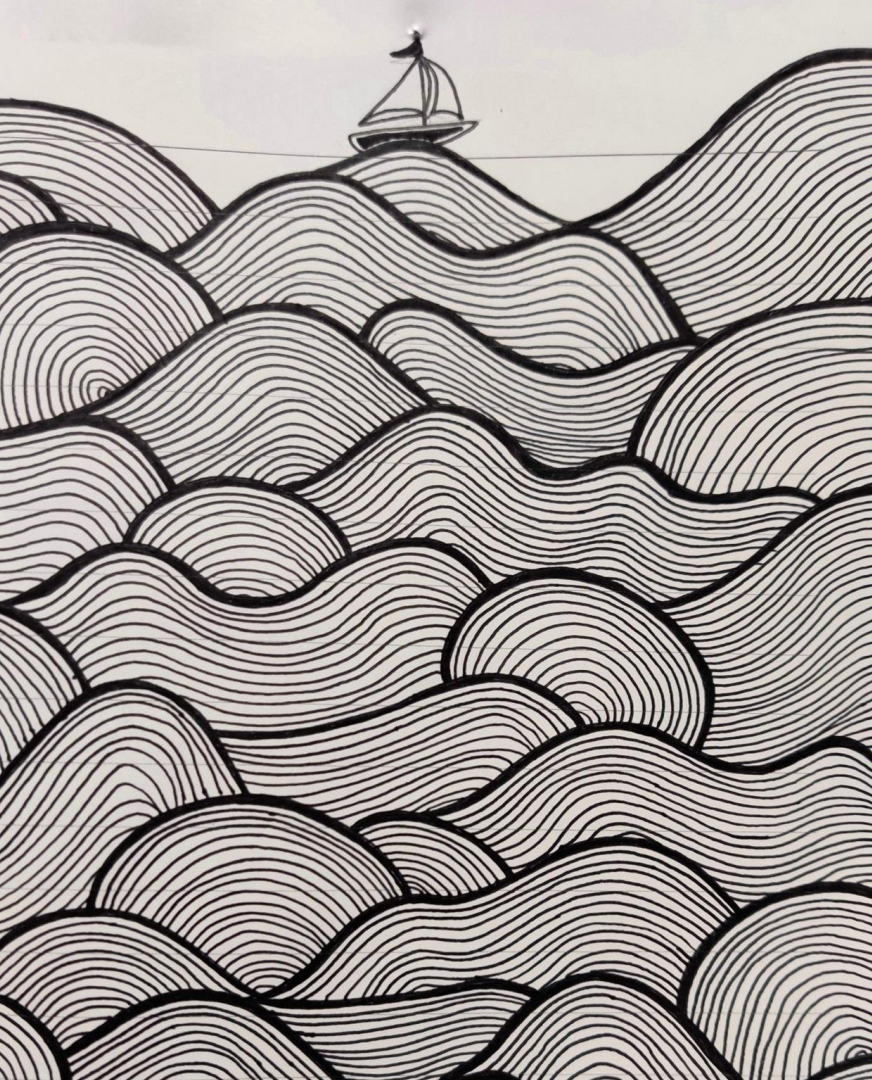


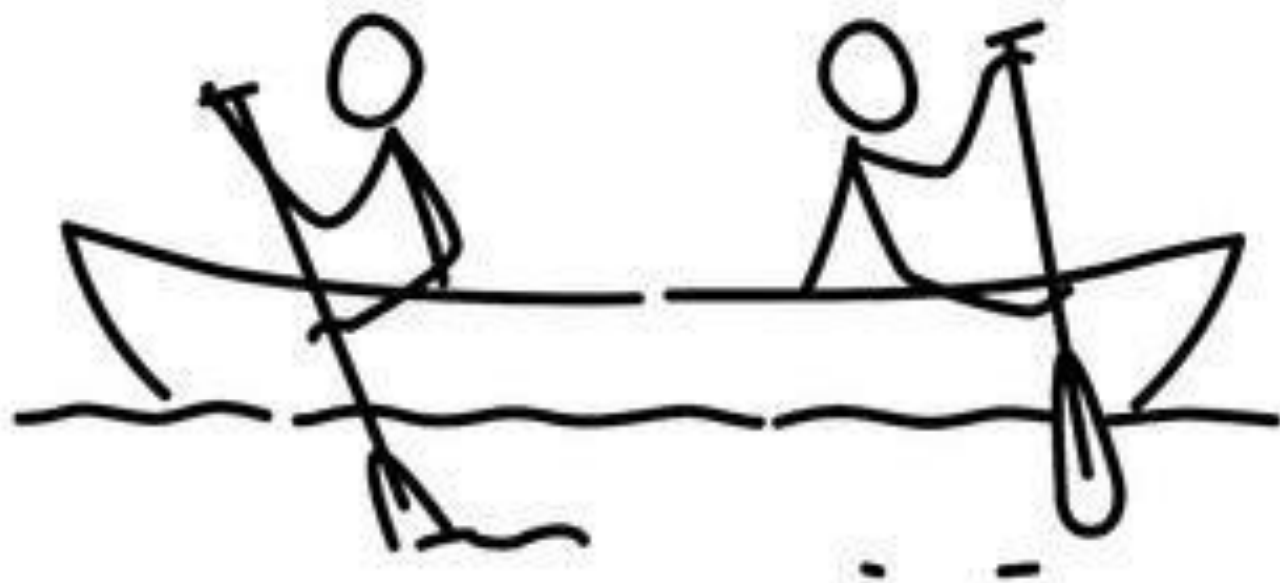


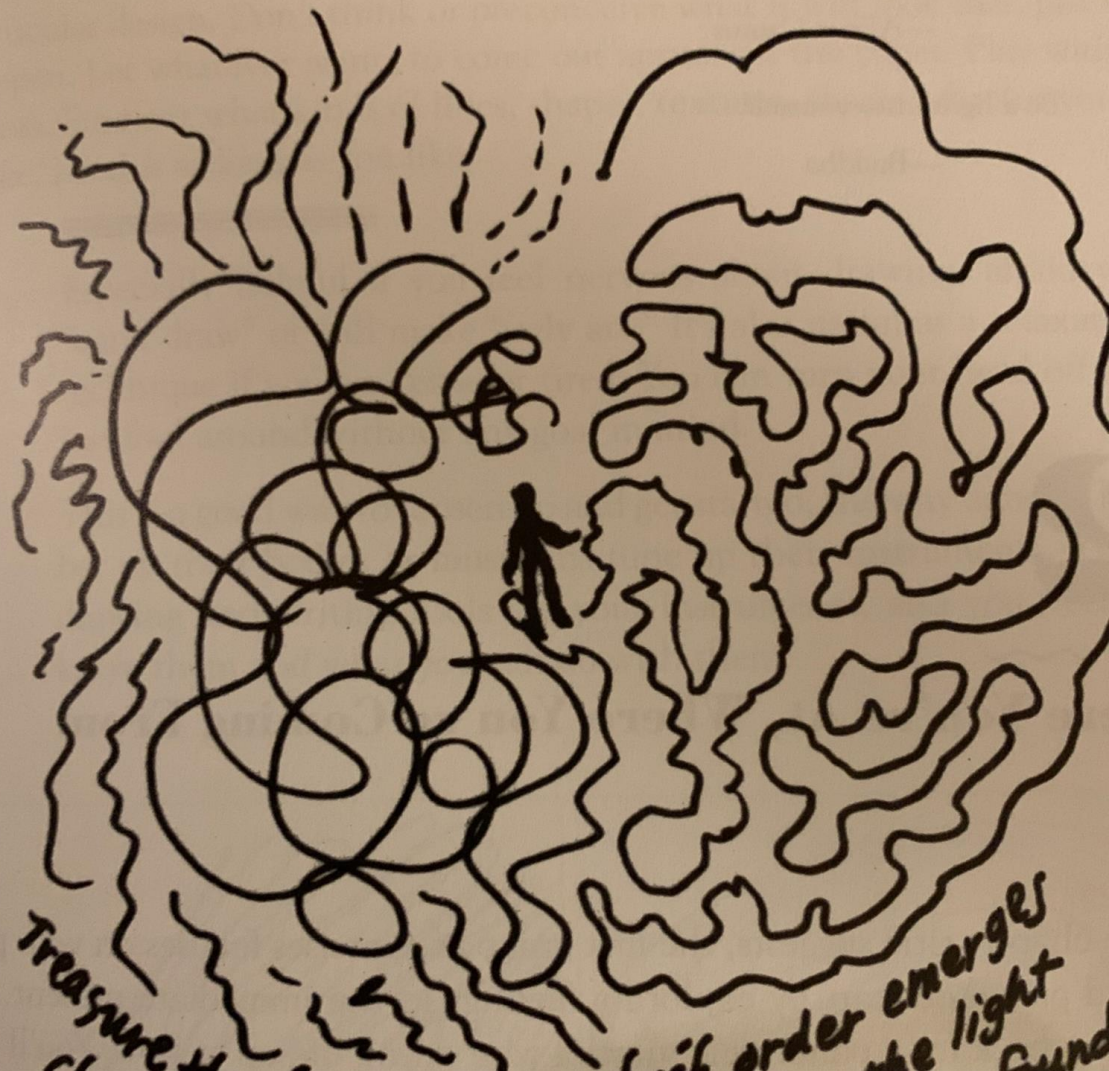












Treasure H

if order emerges
the light
Gund

**What are
BENEFITS**





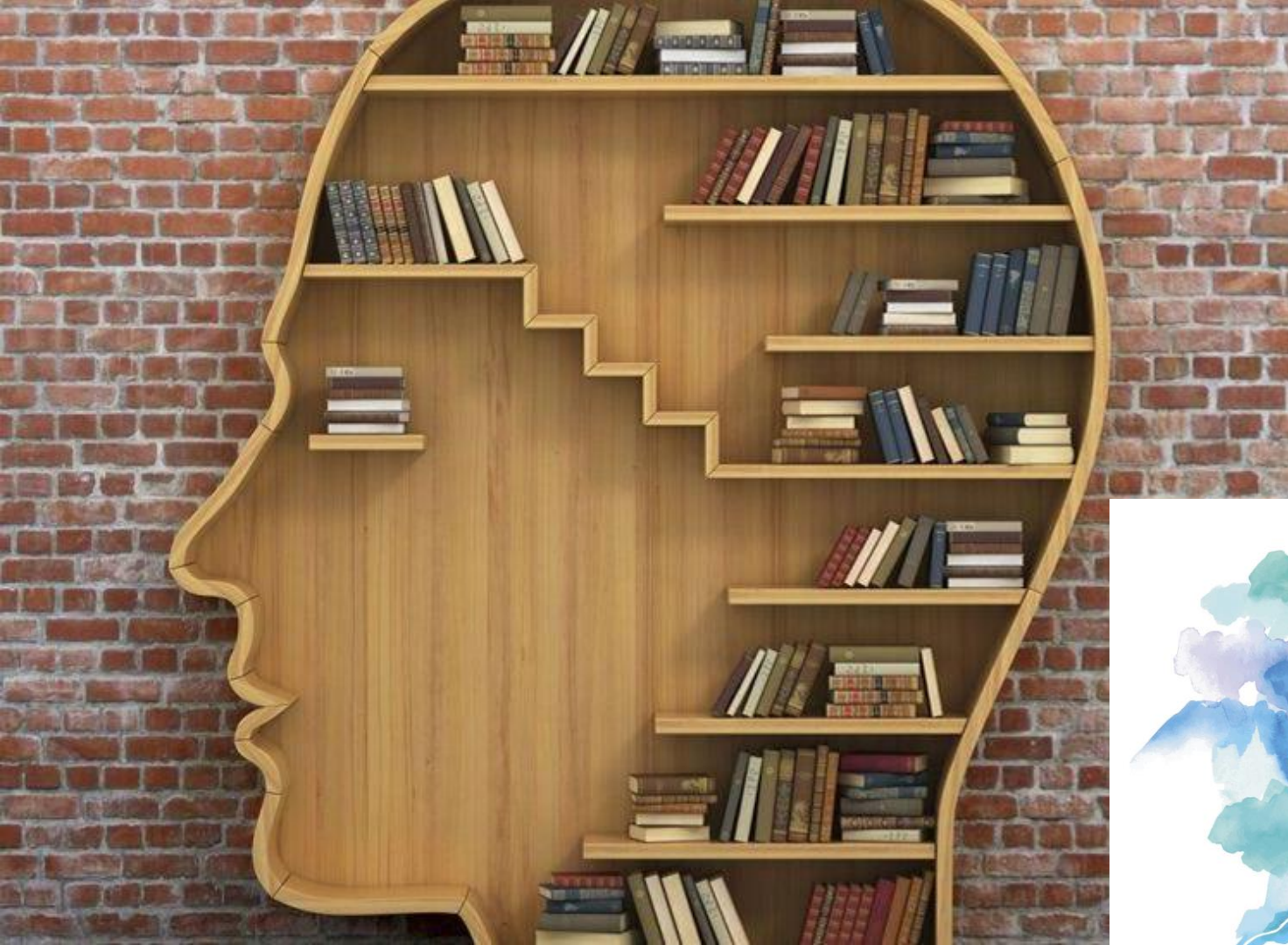
“When you can’t look on the bright side...

...I will walk with you in the dark."

-Unknown







How do I BEGIN

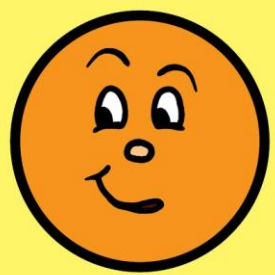




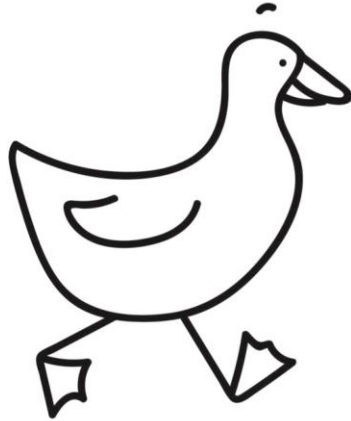
“Artist”

Supplies

Time



CURIOUS

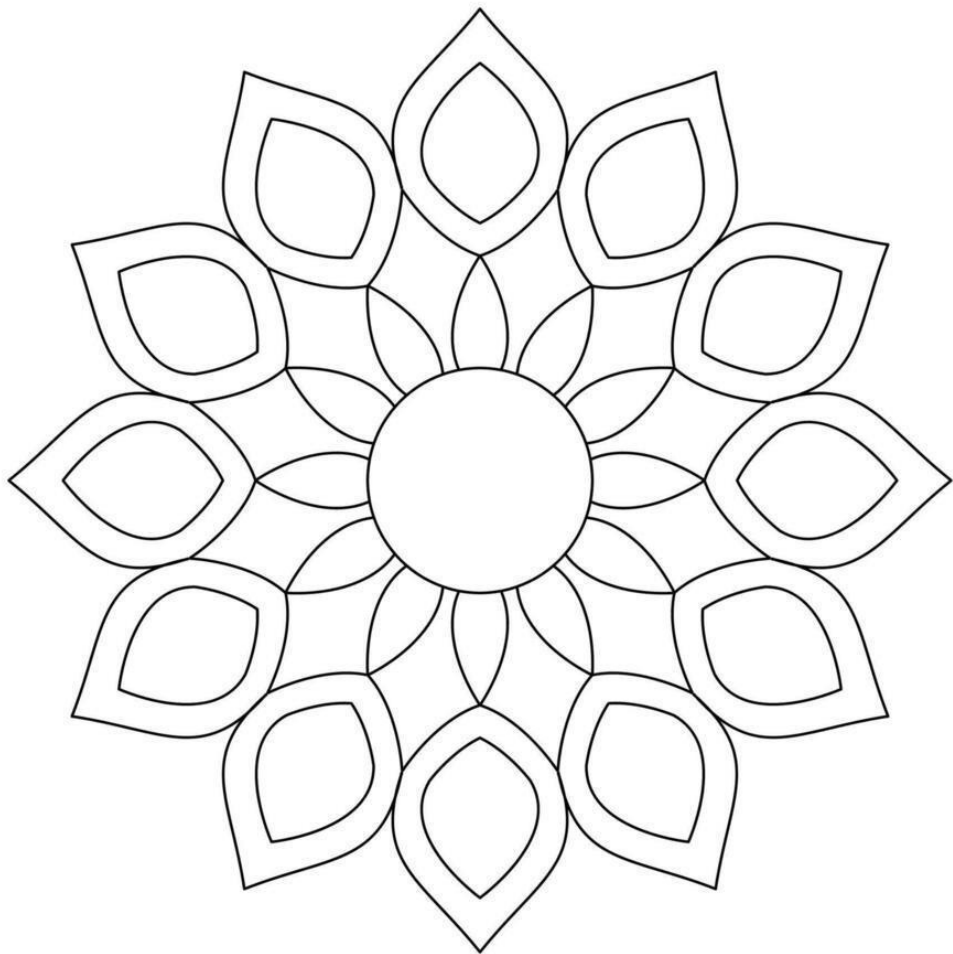


FOLLOW YOUR
BREADCRUMBS





Let's get creative and play....



What is a mandala?









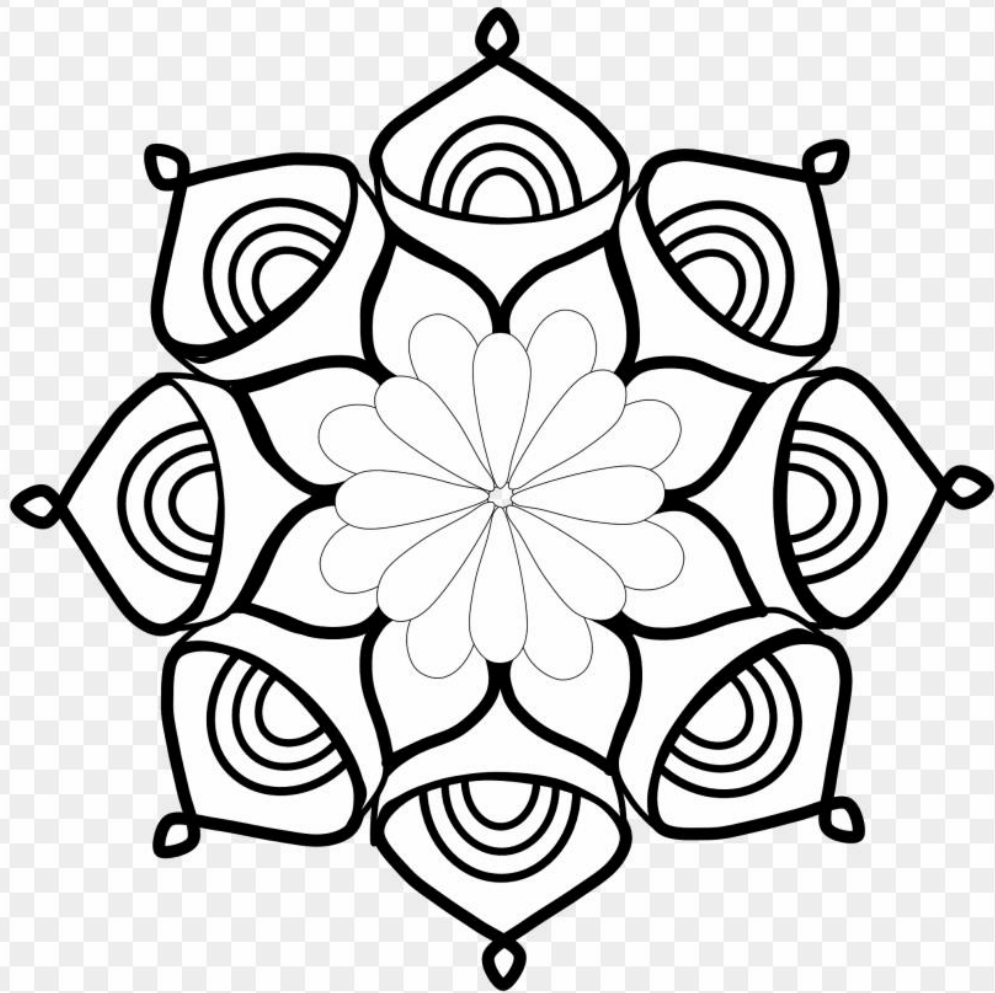


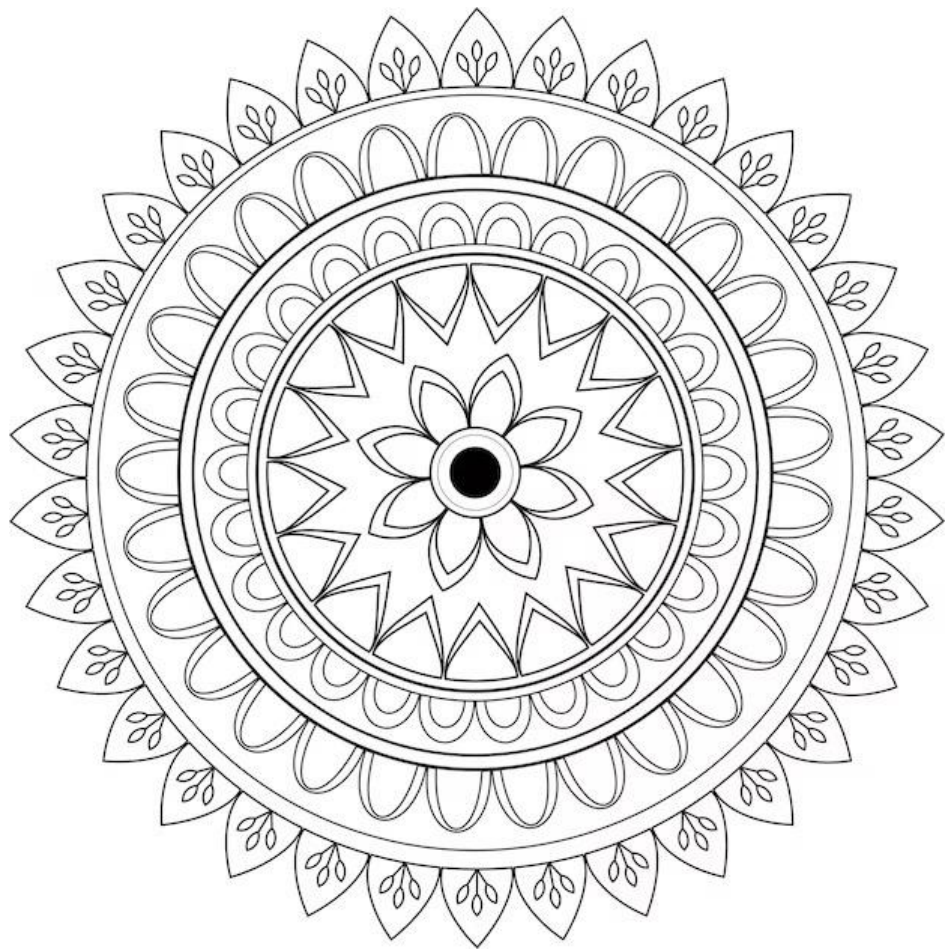


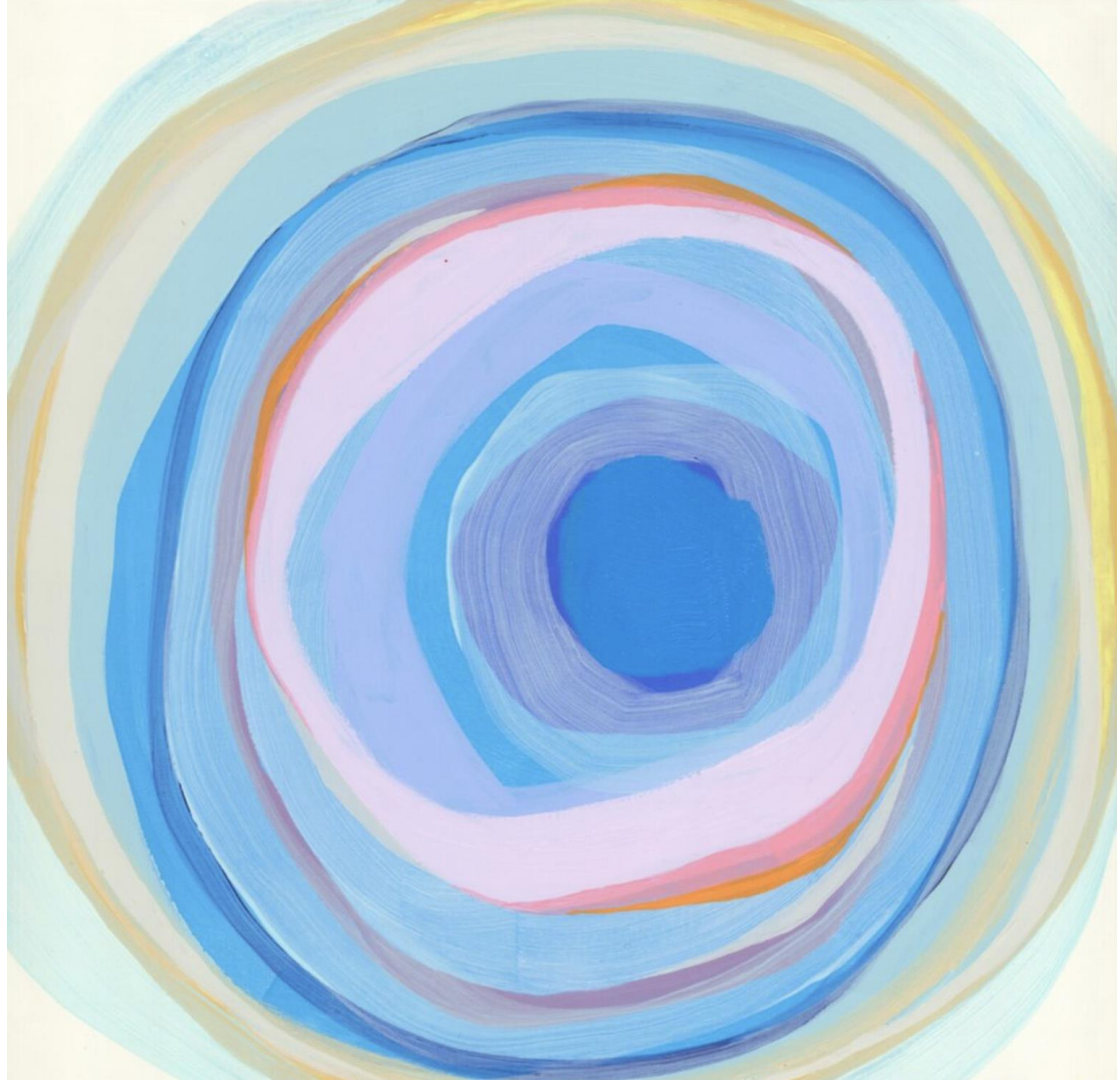














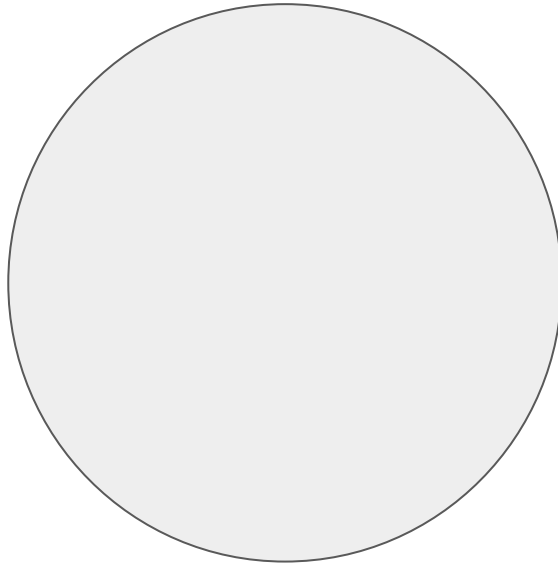
THIS IS GOING TO BE
A GREAT DAY

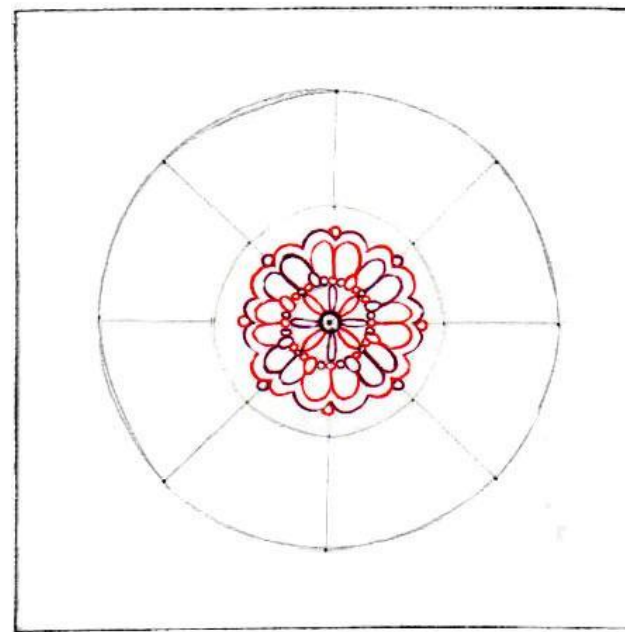
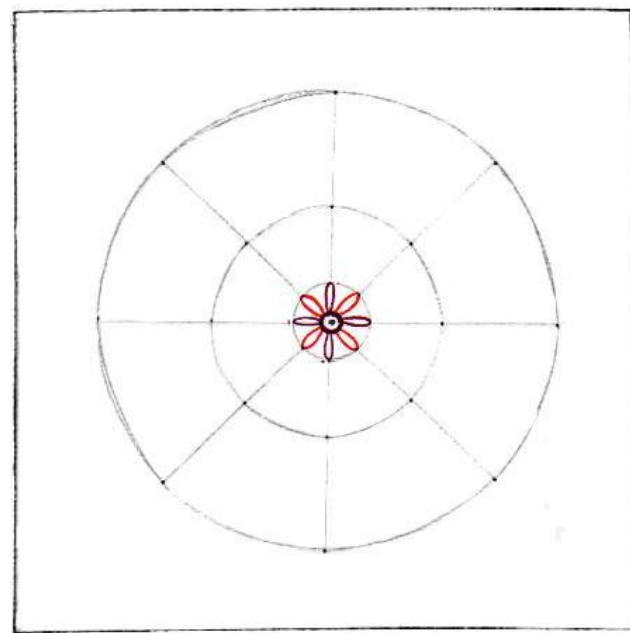
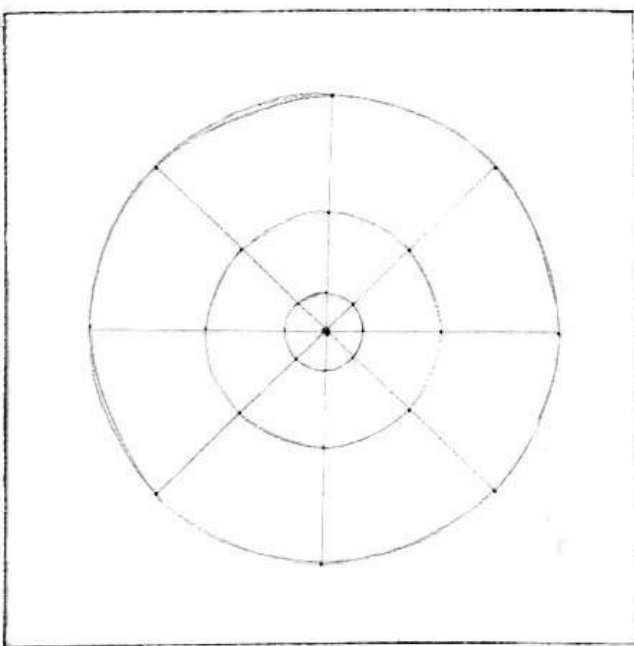


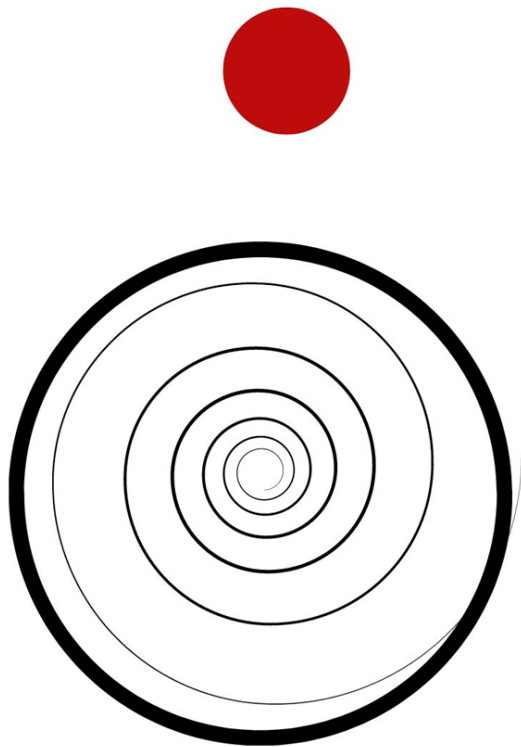




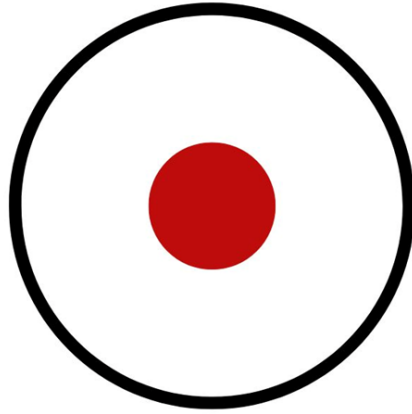
Create Your Own Personal Mandala





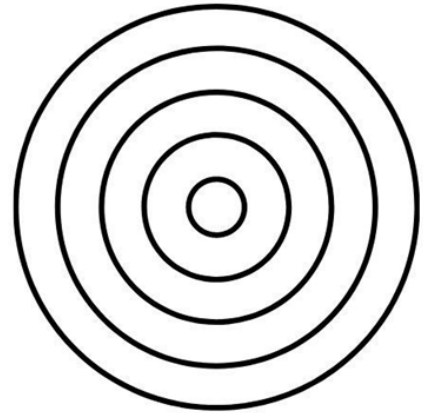
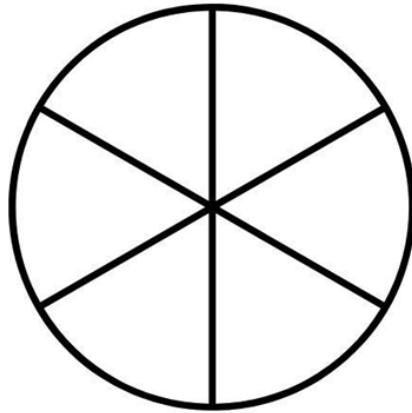


Set an Intention



Center Yourself

Select a Basic Design



Excitement
Strength
Love
Energy

Confidence
Success
Bravery
Sociability

Nature
Healing
Freshness
Quality

Trust
Peace
Loyalty
Competence

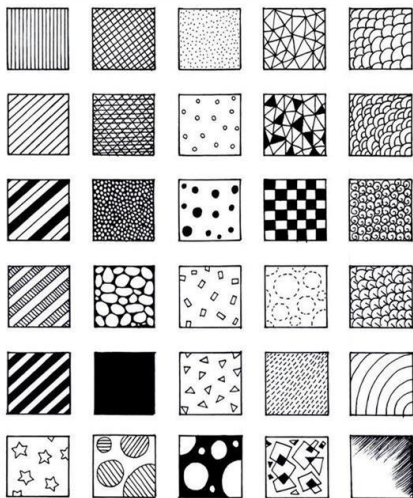
Compassion
Sincerity
Sophistication
Sweet

Royalty
Luxury
Spirituality
Ambition

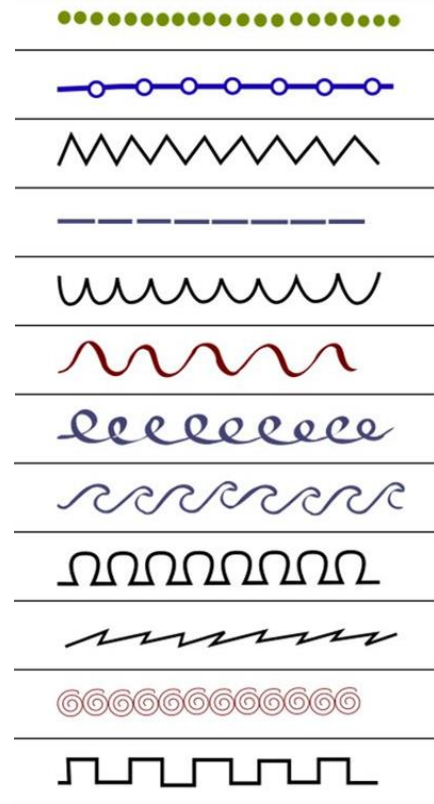
**Dependable
Rugged
Trustworthy
Simple**

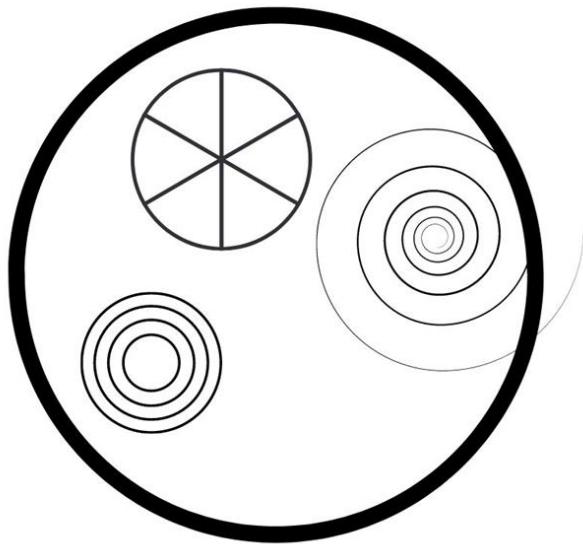
Formality
Dramatic
Sophistication
Security

Clean
Simplicity
Innocence
Honest



A 5x5 grid of 25 stylized, pointed arch shapes, each containing a unique geometric or organic pattern. The patterns include vertical lines, circles, spirals, and various symmetrical designs.





It's Time to Play!

Begin in the middle.

Trust your instincts.

Have fun!





create
NEXT STEPS

Nicola J. Davies, J.D., PCC

createnextsteps.com
(206) 276-8357