

Art for Emotional Wellbeing

Using art as a way to help us express, understand and manage our emotions.

This course will allow you to identify what emotions you are feeling and to help you manage them in a safe and helpful way.

Course welcome

- Come with an open mind and an open heart
- This is a safe space to simply be yourself
- Let's consider Recovery Education and keep a learning focus
- We can agree to disagree and that's ok
- Be mindful of other students and their experiences
- Confidentiality is crucial
- Being present
- The value of the Course Evaluation Form

Disclaimer

The artwork that you create throughout this course is personal to you. We will ask if you would like to share your creation with the rest of the group at the end, however you do not have to if you don't want to. Please bare in mind, if you would like to share with the group, how personal you would like this to be. You do not need to share anymore than you want to.

- Why do we feel emotions?
- What are they and what do they do for us?



EMOTIONS AREN'T "GOOD" OR "BAD"

↓ EXAMPLES ↓

STRESS

"I need to
slow down.
I need self-
care."

SAD

"It's okay. I
need love & to
look for joy &
gratitude."

ANXIOUS

"I need calm &
grounding. I can
remind myself I
am safe & can
manage this."



They are
SIGNALS
to us...

our body bringing
our attention to
something → maybe
telling you know that
something is 'off-kilter'
or out of balance.

ASK YOURSELF:

"WHAT IS THIS FEELING
TRYING TO TELL
ME?"



Week 1 – Emotional Scrap Book.

In today's session you will receive a blank scrap book which you will decorate.

Use this scrap book to focus on things that bring you positive emotions. These can be images or memories of positive or happy times that you have experienced in your past. There may be hobbies that you do on a regular basis that help keep you well.

You will need to bring your Scrapbook with you each week.

Week 1 Emotional Scrapbook

Things to consider:

- What colours do you like relating to positive emotions?
- What images brings you positive thoughts?
- What sounds make you smile?
- What smells make you remember a happy time?
- What's your favourite treat?

All of the above can be interpreted how you wish on the cover and back of the scrap book. Enjoy!

Bringing today's session to a close...

Would anyone like to share what they have created today?

How have you found today's session?

Have you got any ideas on what you will use your emotional scrapbook for?

Week 2 – Check In

- Welcome
- How are we?
- How did you feel after last week's session?
- Did you take anything from last week?

Week 2 - Opposite Action/Alternative Thought

The aim of this session is to understand and utilise opposite action/alternative thought. This means acting the opposite of how you feel or finding an alternative emotion to help us manage a situation more safely.

In your scrapbook on one side express how you feel at the moment or a reoccurring emotion. This activity will require you to choose ONE colour (or shades of) that you associate with your chosen emotion. e.g. angry = red.

On the other side think of the opposite/alternative emotion using a different colour (or shades of) e.g. happy = yellow. The basis of the image will be a garden. What is in the garden is up to you.



Example of Opposite action/alternate Emotion

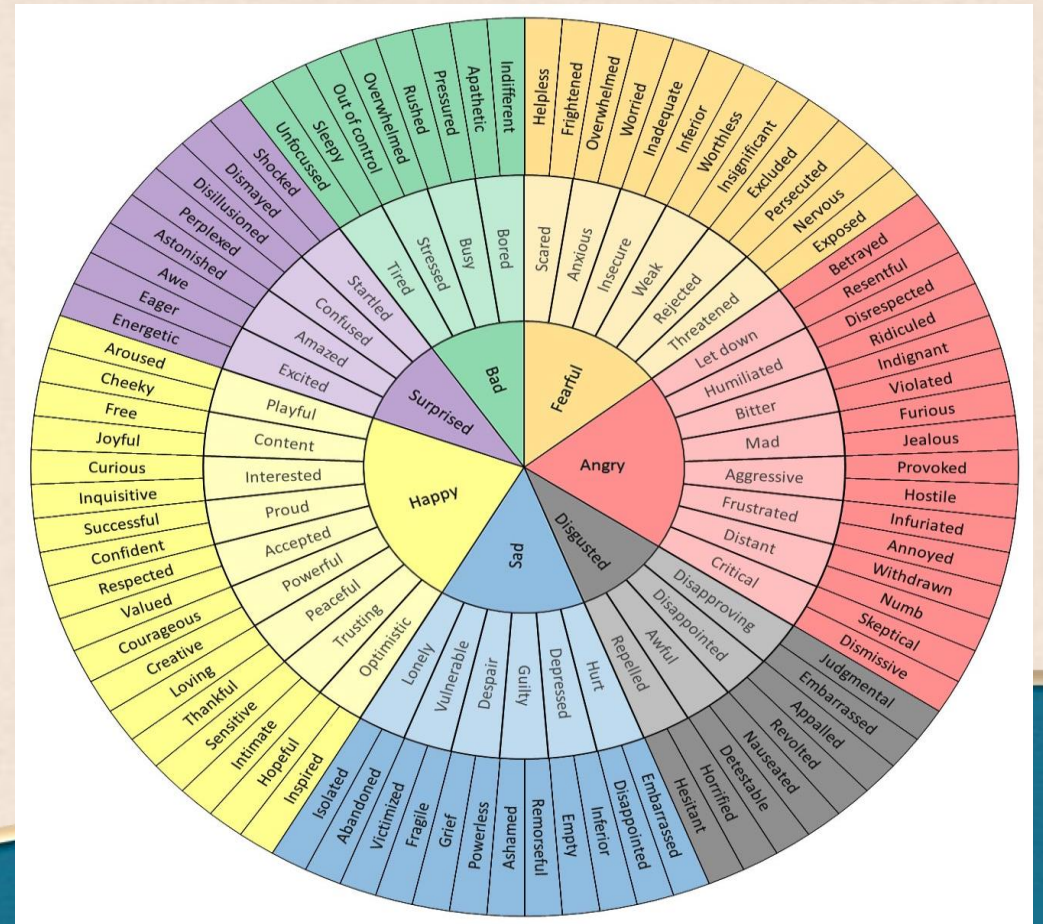


Week 2 - Opposite Action/Alternative Thought

Something to consider:

Emotions quite often interact with each other and lead in to other secondary emotions

The feelings/emotional wheel may help you understand what you are feeling.



Bringing today's session to a close...

Would anyone like to share what they have created today?

How have you found today's session?

Did you find the opposite action/alternative thought skill useful? Will you try to apply this to your every day life?

Week 3 Check In

- Welcome
- How are we?
- How did you feel after last week's session?
- Did you take anything from last week?

Week 3 – Recovery Tree

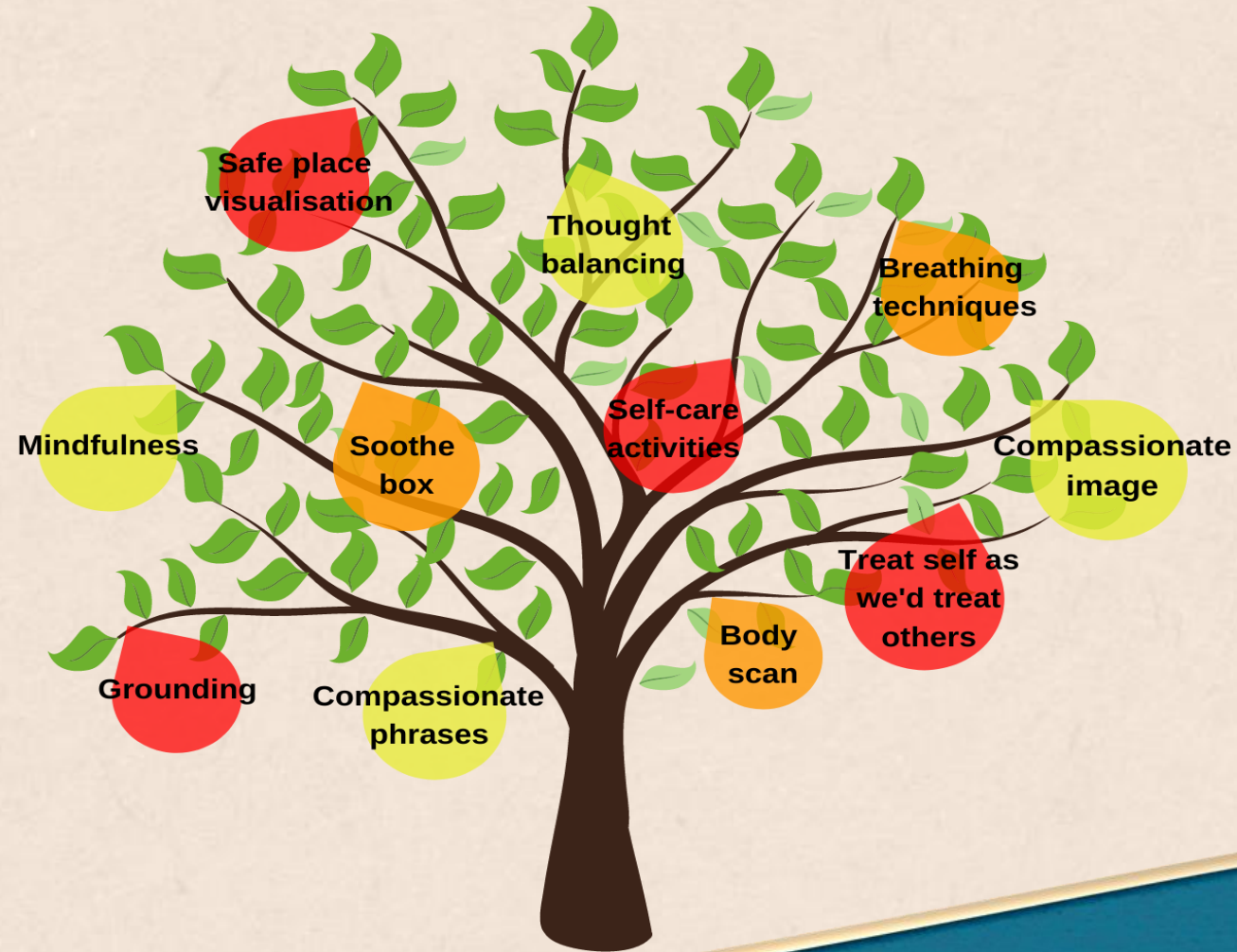
The aim of this weeks session is to focus on what helps us manage our emotions and our mental health in general.

So this week we are going to create a Recovery Tree!

Focus on what keeps you well, use the leaves on the tree to express how you keep yourself well. First of all what will your tree look like?

Oak, Pine, Willow and Palm are some examples you can use. What tree brings the best emotions or brings happy memories?

Recovery Tree Example



Week 3 – Recovery Tree

Things to consider:

- Think about weeks 1 and 2, what did you put in your scrap book and how did you express your opposite action/thought?
- What hobbies do you have?
- How do you treat yourself?
- What interests you?
- What things bring you positive emotions?
- How do you relax?

Bringing today's session to a close...

Would anyone like to share what they have created today?

What have you taken from today's session?

Week 4 - Check In

- Welcome
- How are we?
- How did you feel after last week's session?
- Did you take anything from last week?

Week 4 – Safe Space

For our final week we would like you to create an image of your safe space in the back of your emotional scrapbook.

This safe space should bring you comfort.

Your safe space can NOT be a person.

Your safe space can be real or fictional! Get creative!

Safe Space example



Week 4 – Safe Space

Things to consider:

- Again what did you use in your Recovery Tree?
- What interests would you have in your safe space?
- What can you see?
- What can you smell?
- What can you hear?
- What brings you comfort?
- What makes you smile?

Bringing today's session to a close...

Would anyone like to share what they have created today?

As this is our last session we would like to spend some time having an open discussion about how this course and the activities have helped you in any way.

Finally...

- Thank you for attending! We hope you have found this course educational but also enjoyable and creative!
- Feedback – Links will be sent to you for feedback. This is important to us as it allows us to see what we have done well and what we can improve on.