

Art and Creative Expression as Self-Care

Fred Hutch Cancer Center

Moving Beyond Cancer to Wellness
June 3, 2023







create
NEXT STEPS

“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

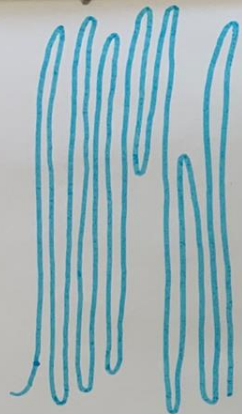




Creativity

IN PROGRESS





[Exercise]

Drawing Your Breath

What do you need?





What is ART

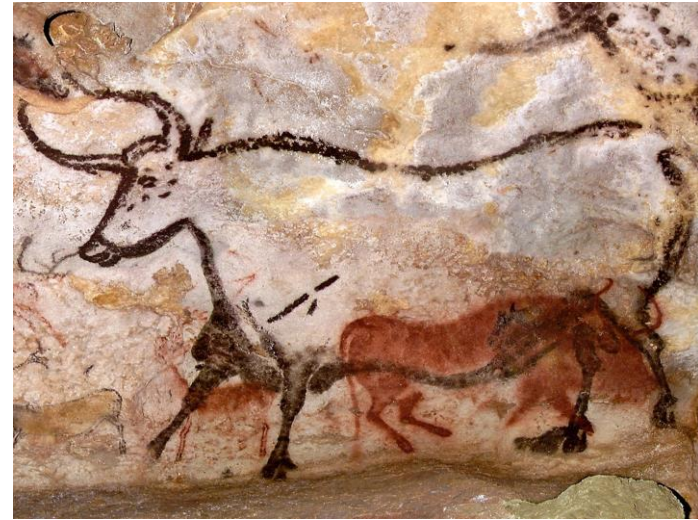


Art is a conversation.



*"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



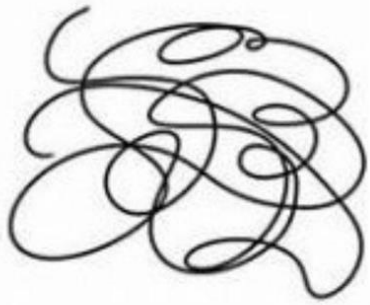




HOW ARE
you doing



I feel... um...



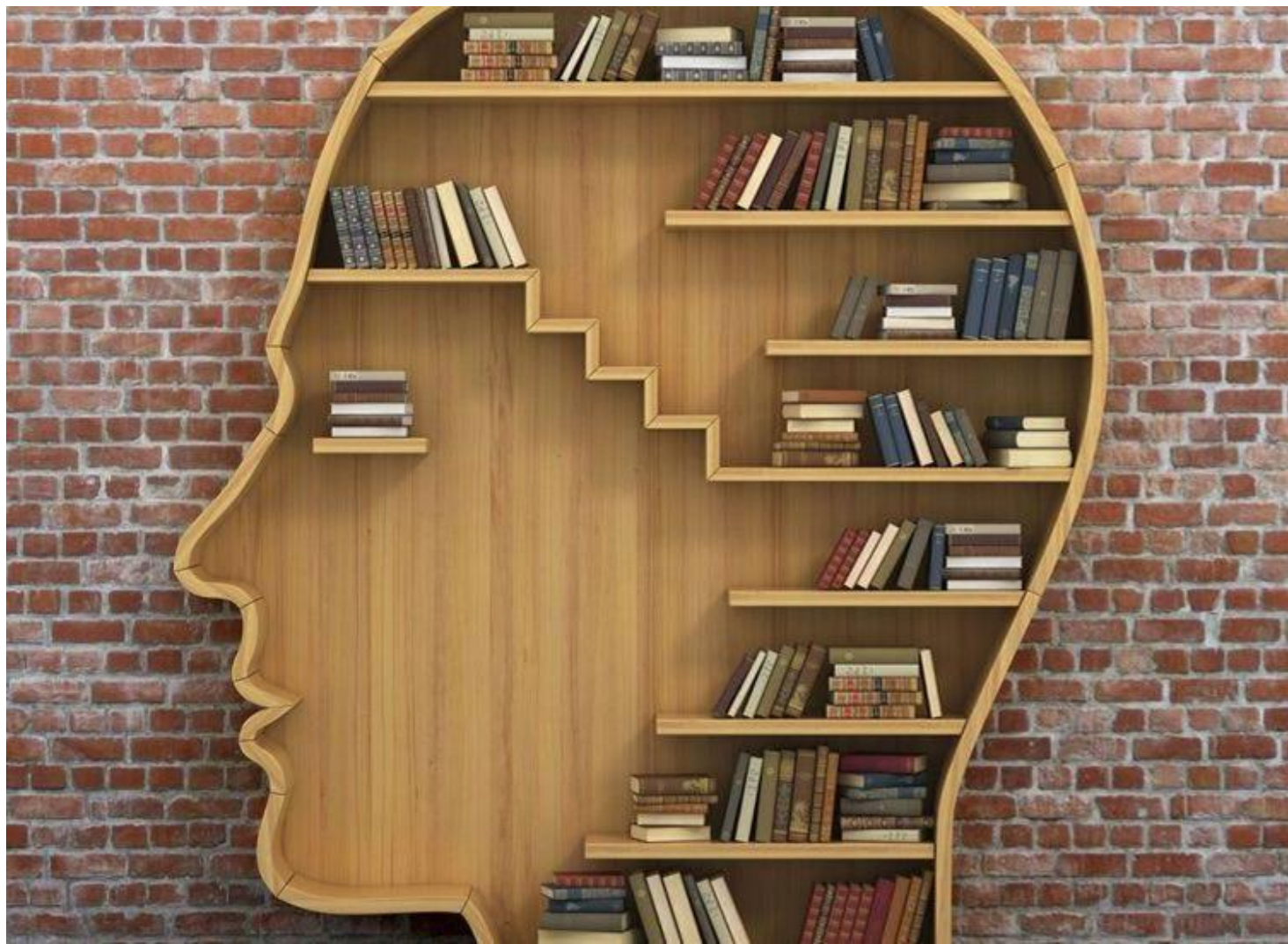




YOU CAN LET YOUR

A TALE





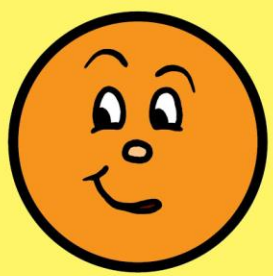




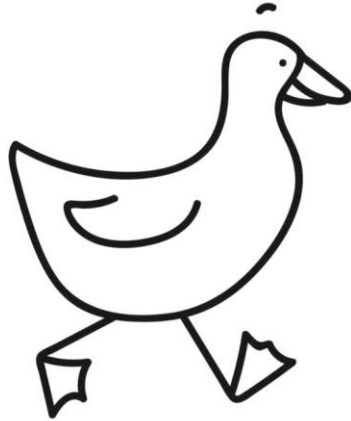
“Artist”

Supplies

Time



CURIOUS



FOLLOW YOUR
BREADCRUMBS



Let's get creative and play....

Select An Intention

Adventure

Beauty

Calm

Compassion

Confidence

Connection

Courage

Creativity

Curiosity

Discovery

Faith

Forgive

Fun

Gratitude

Growth

Hope

Humor

Inspire

Learning

Love

Laugh

Patience

Peace

Play

Service

Spontaneity

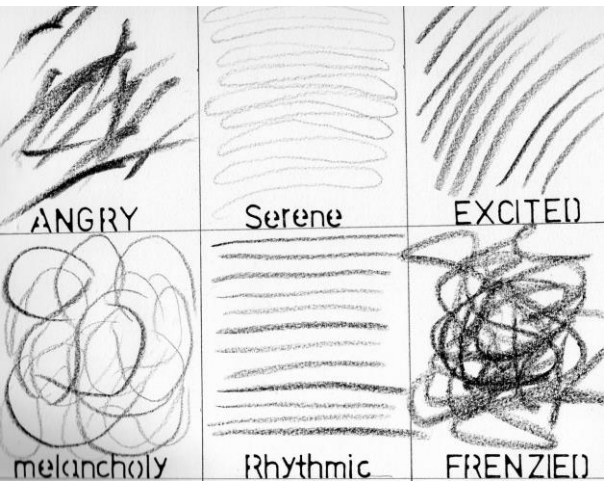
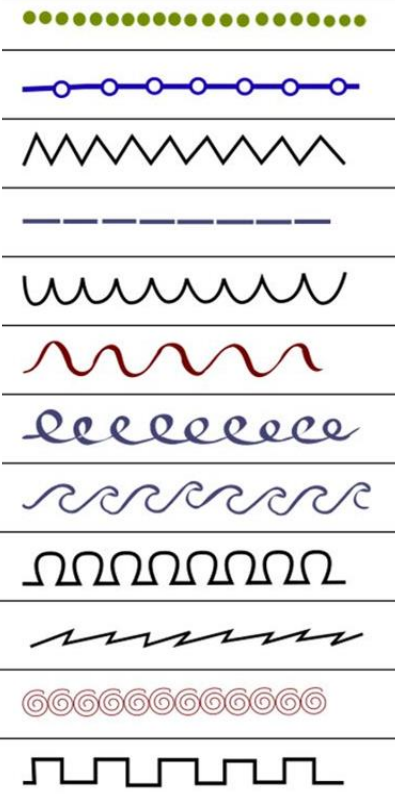
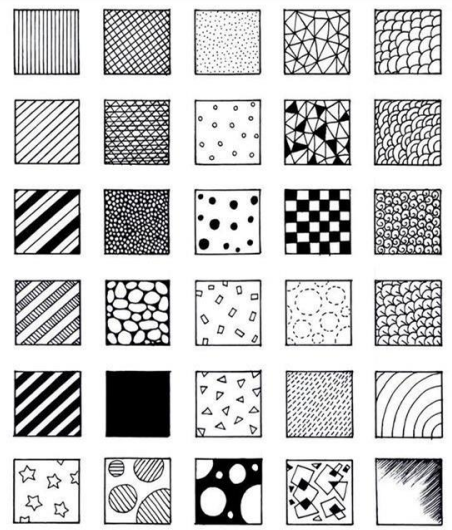
Strength

Wisdom

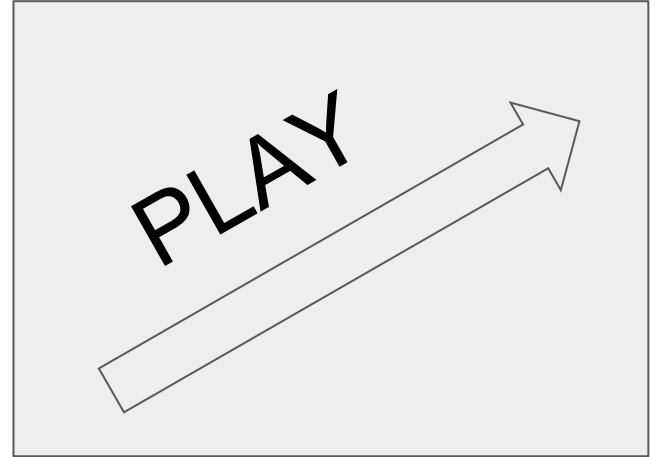
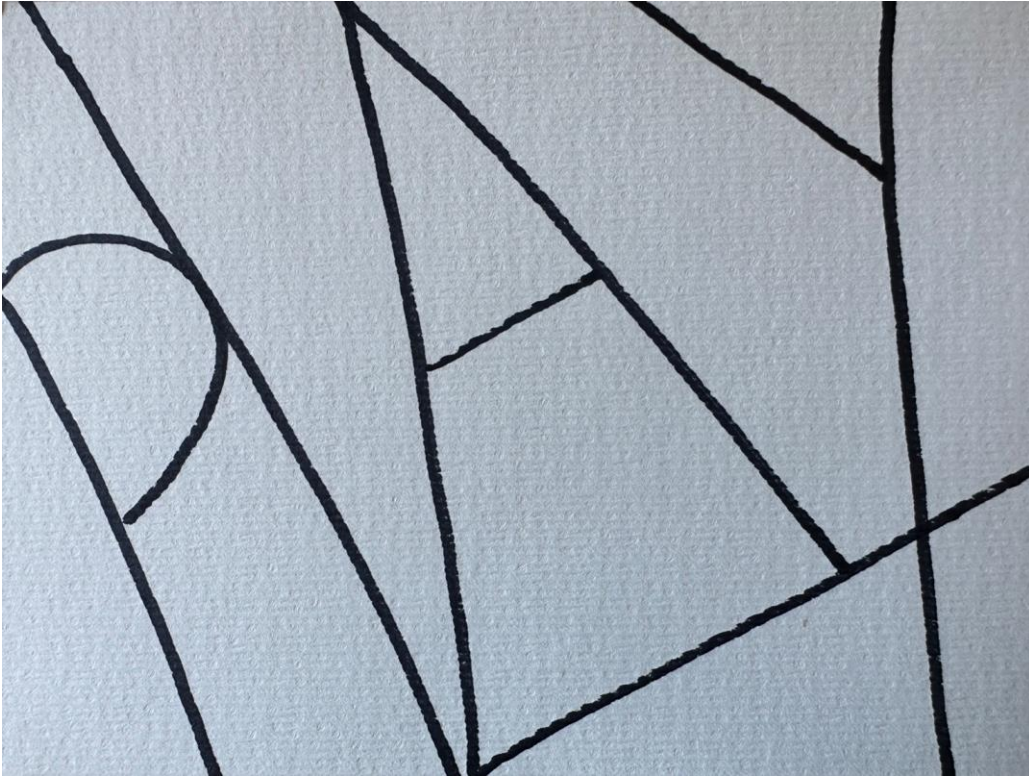
Wonder

_____?

<p>Red</p> <p>Excitement Strength Love Energy</p>	<p>Orange</p> <p>Confidence Success Bravery Sociability</p>	<p>Yellow</p> <p>Creativity Happiness Warmth Cheer</p>	<p>Green</p> <p>Nature Healing Freshness Quality</p>	<p>Blue</p> <p>Trust Peace Loyalty Competence</p>
<p>Pink</p> <p>Compassion Sincerity Sophistication Sweet</p>	<p>Purple</p> <p>Royalty Luxury Spirituality Ambition</p>	<p>Brown</p> <p>Dependable Rugged Trustworthy Simple</p>	<p>Black</p> <p>Formality Dramatic Sophistication Security</p>	<p>White</p> <p>Clean Simplicity Innocence Honest</p>



“Write” Your Word of Intention











Select An Intention

Create a
Visual Reminder

PLAY. TODAY.

celebrate Life!





create
NEXT STEPS

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