

Self Care as Creative Practice



Presented By:

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MTU Specialist Project: Forming Communities of
Care

4 weeks of workshopping

Daily journal and drawing practice
-struggle and success

Evening Gratitude noting

Mentoring

Weekly Mindfulness Meditation gathering

Collective pool of ideas - What worked, What we
loved, What we could live without, What we can
bring into a continuity plan



Welcome practice: Pause, Breath, settle the mind and body. A mindful check in. Draw, share, write down one word or phrase that describes **how you're feeling** in this moment.



Many Pathways to Nourish Ourselves

Experiment over Four Weeks

Week 1

- Welcome
- What Brings You Here
- What Grows in Your Garden
- Mindfulness and Meditation
- Gratitude

Week 2

- Arriving
- Resilience and reducing stress
- PERMA + 5 Ways of Wellbeing
- Thought experiment and intentions
- Hope

Week 3

- Arriving
- Visualization Anchors & Mantra
- Spacious Awareness/Walking
- Broaden and Build
- Lake Meditation

Week 4

- Arriving
- Creativity Visualization
- Mountain
- Empathy and Compassion
- Nourish me nourish you



Self Care as a Garden - What Grows in Your Garden?



Mindfulness and Meditation

Perma and 5 Ways of Wellbeing - Analytic Meditation



Positive Emotion & Connect

Engage & Be Active

Relationships & Take Notice

Meaning & Keep Learning

Accomplishment & Give

Spacious Awareness & 6 Anchor practice

Spotlight
Floodlight
Outside
Inside
Sound
Body

And maybe you should go for a walk...





Nourish me Nourish you - Gratitude

Thank You!

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“As I created more inner spaciousness through the process of meditation, I was motivated to finally actualize the outer spaciousness that I needed for my own creative endeavors and well-being.”

— Participant