



# Holistic Huddle

August 2020

Share with your team during huddles or unit meetings, and post in your nurses station or break room.

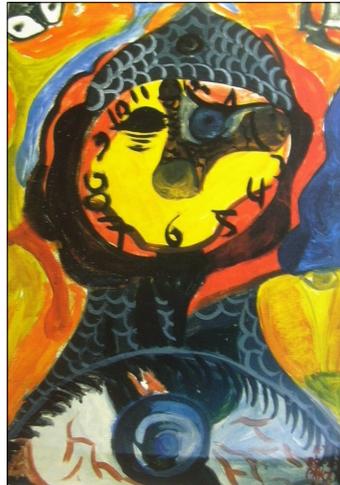
## Did you know?

**You do not have to be talented to enjoy art therapy.**

It is an expressive therapy that uses creative process to improve mental, emotional and physical well-being. It can help manage addiction, relieve stress, improve symptoms of anxiety and depression, and cope with illness or disability.

## How does it work?

Art therapy improves cognitive and sensorimotor functions. It improves self-esteem and self-awareness; promotes emotional resilience, insight and social skills; and helps resolve conflicts and distress. Kinesthetic, sensory, perceptual and symbolic forms of communication provide an alternate form of expression that circumvents the limits of verbal language. It helps you get it out.



## How do I get started?

**True art therapy** is facilitated by a credentialed art therapist who works with all ages and evaluates the client's art for clues to feelings and behaviors to explore for healing. You can search the American Art Therapy Association website for a professional practitioner at <https://arttherapy.org/art-therapist-locator/>.

## Did you also know?

Making art still has therapeutic benefits even when done independently.

**You still do not have to be talented for this.** It is more about the doing than the end result.



## How does it work?

Creative expression stimulates the brain's reward center, which leaves you feeling good. This is one reason it helps with battles against addiction, mood and eating disorders. Artistic activity can reduce stress by reducing cortisol levels. Making art induces the "flow" state, or "being in the zone." It helps draw you into the moment such that the sense of time and space fades away.

## How do I get started?

Experiment! There are endless possibilities and media to explore, and you can't do it wrong. Collage, paint, watercolor, crayon, clay, crochet, dance, paper quilling, print-making, assemblage, pastel, quilting, image transfer, wood carving.... Stop in your local art supply store, check community activity guides, peruse the internet... when you find something you like, try it!

American Art Therapy Association. (2017). About art therapy. Retrieved from <https://arttherapy.org/about-art-therapy/>

Psychology Today. (n.d.) Art therapy. Retrieved from <https://www.psychologytoday.com/us/therapy-types/art-therapy>

What is Art Therapy? (n.d.) Retrieved from <http://www.arttherapyblog.com/what-is-art-therapy/#.XybwaDV7IPY>

Gharib, M. (2020). Feeling artsy? Here's how making art helps your brain. Retrieved from <https://www.npr.org/sections/health-shots/2020/01/11/795010044/feeling-artsy-heres-how-making-art-helps-your-brain>

- **Units now have access to the final gift for families who have lost a loved one.**
- **Schwartz Rounds is virtual during social distancing. Register through Net Learning.**
- **If you need support, contact Holistic Response Team (HRT) at 266-2900.**