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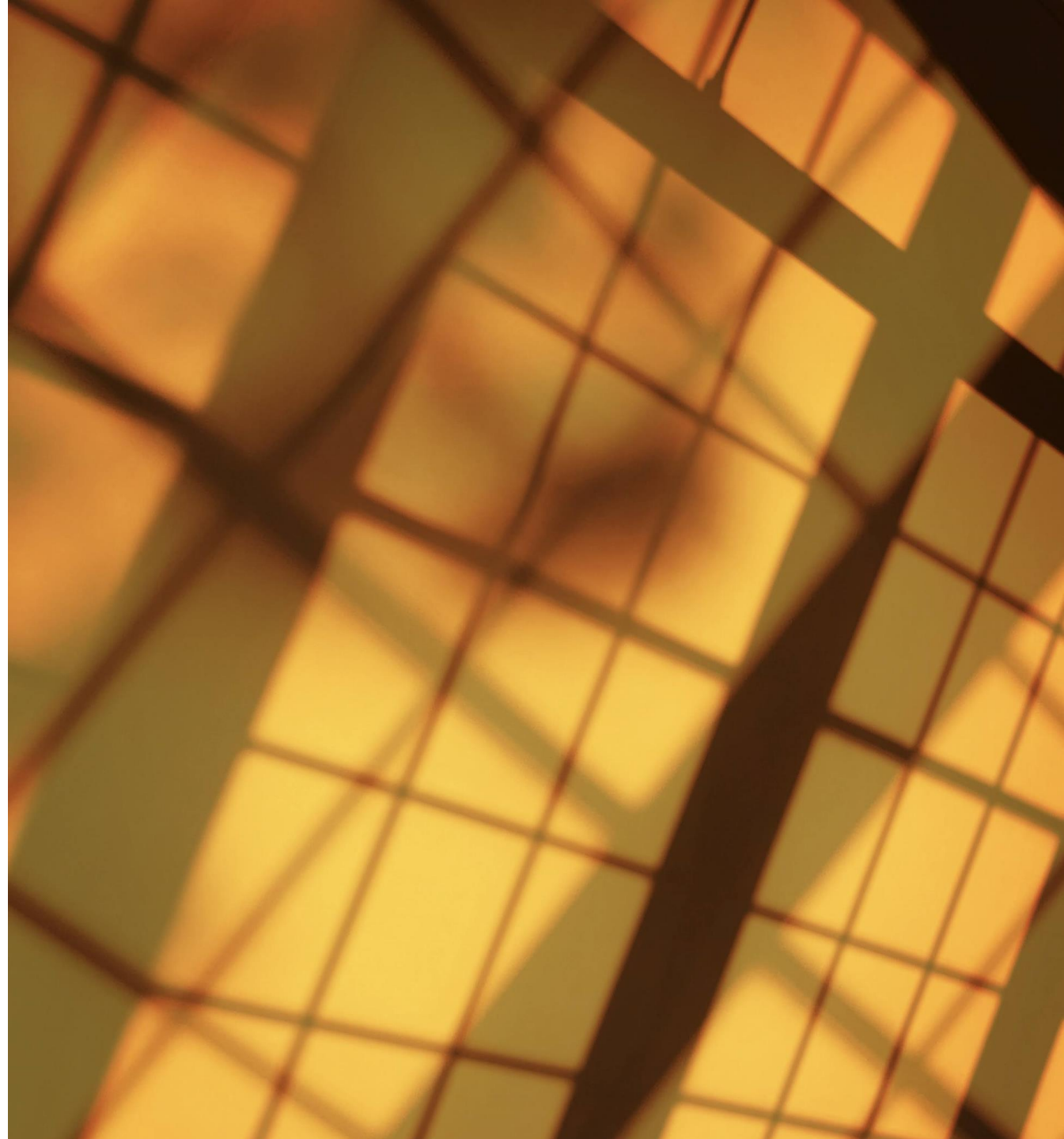
ART AND MINDFULNESS

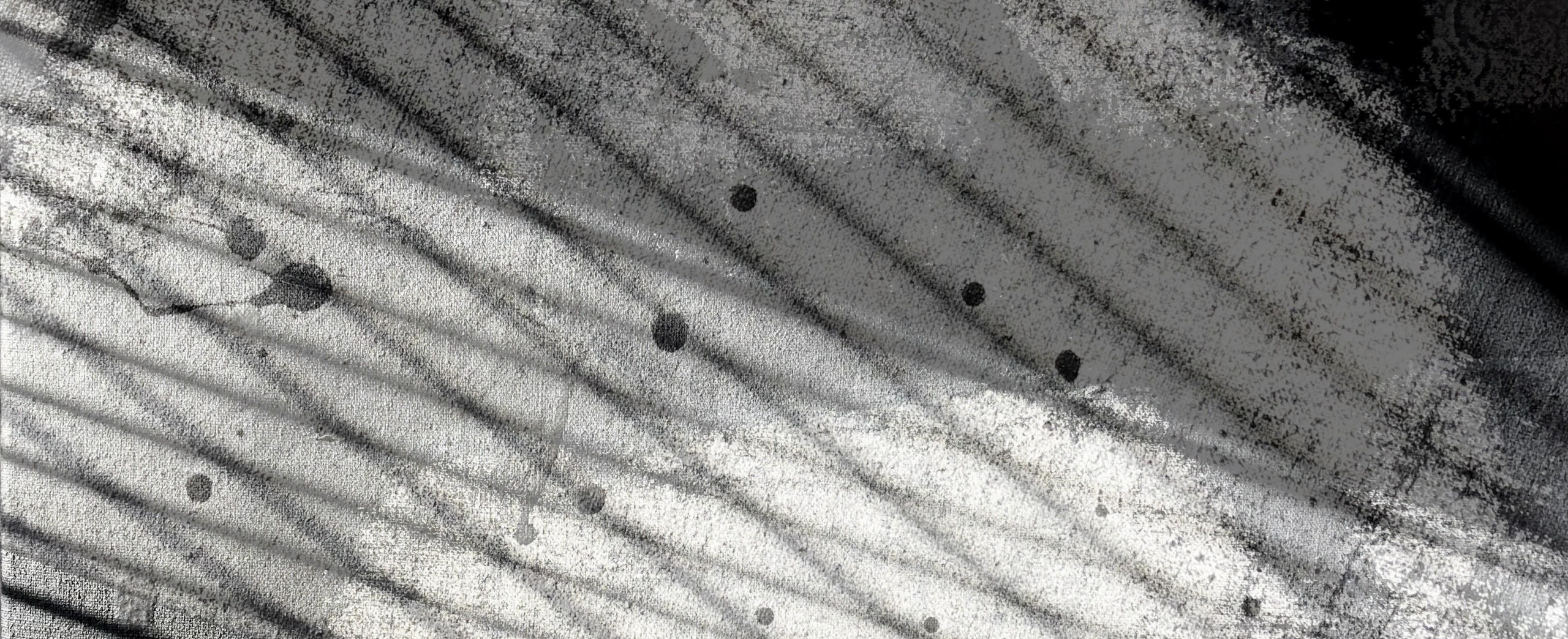
Purpose:

- Engage in art activity to support self-expression.

Goals:

1. Work on awareness of the breath in coordination with art activity.
2. Reflect and analyze your experience with the expressive art activity.





BACKGROUND

Mindfulness Practice: Courage and Vulnerability

Join us for a mindfulness practice session.



Ana Puig



**Elizabeth
Washington**



Maria Leite

Chapter 3

Civic Mindfulness

*Teaching about Racism with
Courage and Compassion*

Elizabeth Yeager Washington, Maria
Cristina da Costa Leite, and Ana Puig

...r, we share our collaborative experience with planning a
...fulness sessions as a way of facilitating disc
...racism in the context of
...d in our coll



**MINDFUL
SOCIAL STUDIES**

Frameworks for Social Emotional Learning
and Critically Engaged Citizens

Edited by **NATALIE KEEFER**
and **TORI K. FLINT**

WHAT ABOUT YOU?

READINGS

The background of the image is a dark, monochromatic, and highly textured surface. It appears to be a close-up of a material like stone or concrete, showing various shades of grey and black with intricate patterns of light and shadow. The texture is uneven, with some areas appearing smoother and others more pitted or cracked. The overall effect is one of depth and complexity, providing a stark contrast to the clean, white box and bold text in the upper left corner.



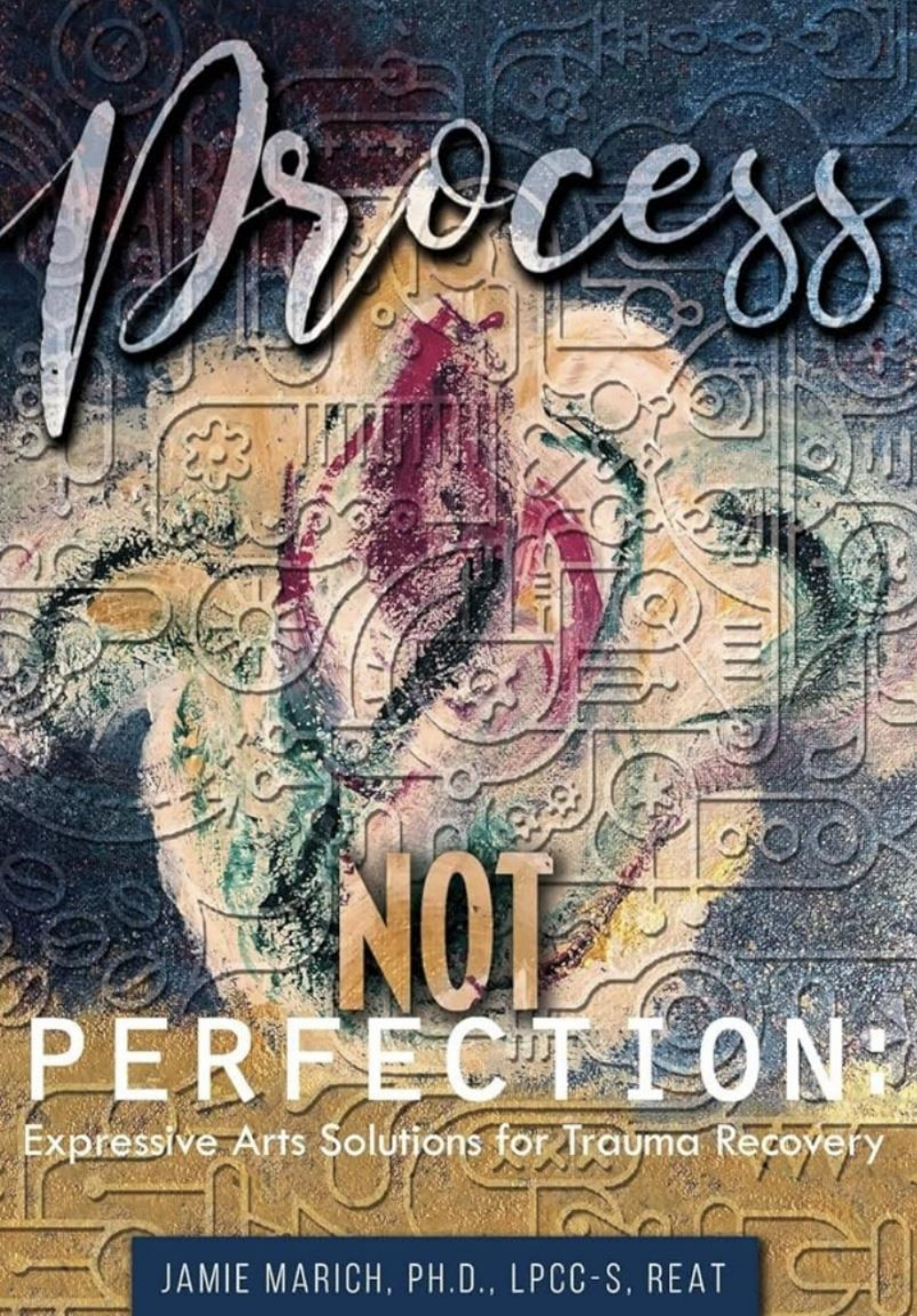
TRAUMA MADE
SIMPLE
TRAUMA & THE 12
STEPS

“Expression is the pathway to deep and lasting healing.”

Dr. Jamie Marich

Process not Perfection: Expressive Arts Solutions for Trauma Recovery

<https://www.traumamadesimple.com/mindful-living-coping-skills.html>



“Being in process is embracing a spirit of going with the flow of whatever may reveal itself in your practices and not being bound to any set outcome or goal.”

Dr. Jamie Marich

Process not Perfection: Expressive Arts Solutions for Trauma Recovery

<https://www.amazon.com/Process-Not-Perfection-Expressive-Solutions/dp/1733703004?nodl=1&dplinkId=f61f4510-8256-48be-a6cb-6ded1724984d>

Smile at Fear: Pema Chodron on Bravery, Open Heart & Basic Goodness

- Pema Chödrön ^{5 years ago}

“Warriorship ... means working on ourselves, developing courage and fearlessness and cultivating our capacity to love and care about other people.”

Pema Chodron



<https://www.lionsroar.com/smile-at-fear-pema-chodrons-teachings-on-bravery-open-heart-basic-goodness/amp/>

Pema Chödrön teaches us “taking and sending,” an ancient Buddhist practice to awaken compassion. With each in-breath, we take in others’ pain. With each out-breath, we send them relief.

In tonglen practice...we begin to feel love for both ourselves and others; we begin to take care of ourselves and others.



<https://www.lionsroar.com/how-to-practice-tonglen/amp/>

How Mindfulness Is Unlocking a Whole New Way of Seeing Art

Techniques you can try on your next museum visit, or at home

Topics

[Inside Getty](#)



“...according to Jon Kabat-Zinn, a champion of the practice in the West since the 1970s. [*Mindfulness*] is used to help manage emotions and thoughts and appreciate the here and now.”

<https://www.getty.edu/news/how-mindfulness-is-unlocking-a-whole-new-way-of-seeing-art/>

< [GoodTherapy Blog](#)

Art and Trauma: Creativity As a Resiliency Factor

March 7, 2012 • Contributed by Athena H. Phillips, MSW, LCSW, [Post Traumatic Stress / Trauma](#) Topic Expert Contributor



“Creative motivation is often described as an illusive and illogical propellant that tends not to yield financial and social gain. The reward seems to be internal and is related not only to the product (i.e. a painting, story, piece of music) but to the process.”

“Engagement in developing something creative (much like I am attempting to do now) can have a dissociative feel; there is a disconnect from reality and a hyperfocus that is quite distinctive (I refer to this as the creative stupor).”

Athena H. Phillips, MSW, LCSW (2012)

<https://www.goodtherapy.org/blog/art-and-trauma-creativity-as-a-resiliency-factor-0307124>

Reduction of Cortisol Levels and Participants' Responses Following Art Making

Girija Kaimal, Kendra Ray, and Juan Muniz

Abstract

This quasi-experimental study investigated the impact of visual art making on the cortisol levels of 39 healthy adults. Participants provided saliva samples to assess cortisol levels before and after 45 minutes of art making. Participants also provided written responses about the experience at the end of the session. Results indicate that art making resulted in statistically significant lowering of cortisol levels. Participants' written responses indicated that they found the art-making session to be relaxing, enjoyable, helpful for learning about new aspects of self, freeing from constraints, an evolving process of initial struggle to later resolution, and about flow/losing themselves in the work. They also reflected that the session evoked a desire to make art in the future. There were weak associations between changes in cortisol level and age, time of day, and participant responses related to learning about one's self and references to an evolving process in art making. There were no significant differences in outcomes based on prior experiences with art making, media choice, or gender.

stress in humans (Smyth et al., 1997; Smyth et al., 1998). Cortisol is a glucocorticoid hormone and one of the most widely studied markers of stress (Staufenbiel, Penninx, Spijker, Elzinga, & van Rossum, 2013). The hypothalamic-pituitary-adrenal axis (HPA axis) regulates reactions to stress and HPA axis dysfunction is associated with physiological stress in the body (Engelmann, Landgraf, & Wotjak, 2004). Measurement of cortisol levels is indicative of HPA dysfunction and a stress response is typically associated with increases in cortisol levels.

Several clinical studies have reported reductions in salivary cortisol levels after behavioral interventions to reduce stress (Aboulaflia-Brakha, Suchecki, Gouveia-Paulino, Nitri, & Ptak, 2014; Galvin, Benson, Deckro, Fricchione, & Dusek, 2006; Miluk-Kolasa, Obminski, Stupnicki, & Golec, 1993). Specifically, saliva contains free, biologically active cortisol as opposed to total cortisol present in serum or plasma. Importantly, the concentration of cortisol in saliva is independent of the salivary flow rate and is strongly correlated with serum cortisol concentrations (Bozovic, Racic, & Ivkovic, 2013). Sali-

“This quasi-experimental study investigated the impact of visual art making on the cortisol levels of 39 healthy adults... Results indicate that art making resulted in statistically significant lowering of cortisol levels. Participants' written responses indicated that they found the art-making session to be relaxing, enjoyable, helpful for learning about New aspects of self, freeing from constraints, an evolving process of initial struggle to later resolution, and about flow/ losing themselves in the work. They also reflected that the session evoked a desire to make art in the future.”



GETTING STARTED

The Benefits of Mindfulness-Based Art Therapy

By [Arlin Cuncic, MA](#) | Updated on July 16, 2021

✓ Medically reviewed by [Amy Morin, LCSW](#)

“Mindful-Based Art Therapy (MBAT) combines the benefits of mindfulness training (for example, meditation) within the structure of an art therapy framework.”

“This treatment combines the philosophy of mindfulness within an art therapy setting. In other words, you engage in the creative process of making art as a way to explore yourself (in a mindful manner).”

Arlin Cuncic, MA (2021)

Download your free Mindful Art
Workbook here



MINDFUL MEDITATIVE ART PODCASTS

Enjoy and listen to these 10 **Mindful
Meditative Art Podcasts here**
exploring a variety of topics, including:

Mindfulness Meditation and Art,
Mindful Mandala Art, Yoga and Art,
and inspiration around embracing your
Inner Critic, moving through Creative
Blocks and Imposter Syndrome, and
channeling your inner Creative Muse.

“I’ve wrestled with my Inner Critic, experienced the healing power of the arts during cancer treatment, and teach from my own personal creative meditation practice (which helps me offer more guidance and support for you!).”

Cynthia Hauk, MFA, MAT, MAYT, C-MAT

<https://mindfulcreativemuse.com/expressive-arts>

WHAT ABOUT YOU?



WHAT CAN I SHARE?



“A warrior is always on a journey, and a main feature of that journey is fear. This fear is not simply something to be lamented, avoided, or vanquished. It is something to be examined, something to make a relationship with.”

Pema Chodron

<https://www.lionsroar.com/smile-at-fear-pema-chodrons-teachings-on-bravery-open-heart-basic-goodness/amp/>

“Barriers in discussing dark, shameful, or disturbing information can be softened with creativity; in fact it seems to be a conduit for undigested material.”

Athena H. Phillips, MSW, LCSW (2012)

<https://www.goodtherapy.org/blog/art-and-trauma-creativity-as-a-resiliency-factor-0307124>

PRACTICE

Intuitive Drawing

Turn off your camera

Note pad and pencil/pen

(Color pencils or crayons are optional)

Brief Body Scan:

- I open my heart to this practice.
- Today I give myself permission to create.
- I am cleaning my mind and opening my heart to create and express myself with compassion and kindness.

DEBRIEFING

- Turn on your camera (optional)
- How do you feel? (Sharing is optional)
- How was this experience?
- Did you face resistance during this exercise? At which point?
- What are your thoughts on warriorship, fear, healing as you look at your drawing, if any at the moment? (this can come later)
- Did you observe any difference among your four boxes?

THANK YOU