Reflection Through the Arts: Easy Practices for Busy Early Care Professionals

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Agenda

Welcome and Settling In

Why Self-Care and Creative Work?

Writing Activities

Break

Reconnecting

Visual Arts and Self-Care

Collage Activity: My Role Quilt

Closing

Be good stewards of your gifts. Protect your time. Feed your inner life. Avoid too much noise. Read good books. Have good sentences in your ears. Be by yourself as often as you can. Walk, Take the phone off the hook. Work regular hours.

~ Jane Kenyon
Why Self-Care and Creative Work

Early care workers and stress

Aspects of the work that can lead to stress (Tomlin, Hines & Sturm, 2016)

- Increasing complexity of families that we serve
- Intimacy
- Setting issues
- Training and Our Own Responses

Emotional Labor (Simpson, Robinson & Brown, 2018)

- Sometimes it’s not only the work…..

Reflection for Professional Development (Gatti & Watson, 2011)

- Think differently so we can act differently
- Integrate new knowledge and strategies

Reflective Supervision and Consultation

Reflection for Self-Care

- In medicine, nursing, and mental health—reflection including mindfulness has been shown to improve outcomes for patients
- Same strategies can also benefit clinicians.

Integrate Mindfulness

- Look for times in your day when you might pause and bring your attention to your breath or to a sensation.
- Use your phone to set an alarm or chime to remind you.
- The key is to do your preferred activity regularly, even if it is quick!

Creative Arts: Writing Activities

Journaling: Can be anything from lists to narratives!

~Free Writing

~Haiku: 3 lines, don’t worry about the syllable count

~Take both sides of an argument
Write about a situation in which you felt you made a difference.
Selected List Ideas and Prompts for Creative Writing

Wonder is the beginning of wisdom ~ Socrates

List Ideas:
Things that make you smile
People who support me/would help me in a crisis
Things that help when I feel bad
Ten words that describe me
Everything I’d like to say no to
Words that I need to hear

Prompt Ideas:
My favorite way to spend the day is…
What has surprised me most about life so far is….
I feel happiest when I….
Write about a mistake and what you learned from it
What achievements do you feel most proud of?
What touched my heart/inspired me most today?
Imagine something happened differently (counterfactual thinking)…
Benefits of Making Art

Art-making lowers cortisol, a stress related hormone (Kaimal, Ray & Muniz, 2016)
Enhances self-knowledge
Enhances self-expression
Art connects us to others
Art takes us outside of the limits of our bodies
Helps us attune to process rather than product

Collage Activity: My Role Quilt (Cohen, Barnes & Rankin, 1995)
This art activity provides an opportunity for exploration of the various roles you play in your life. You will be creating a “quilt” collage that represents these roles. You may choose as many or as few roles as you feel you need to describe yourself.

Roles to Consider:

Family Roles- mother, father, son, daughter, sister, brother, husband, wife, partner

Other Interpersonal Relationship Roles- friend, lover, companion, co-worker, caretaker, mentor, supervisor, employee

Job, Vocation, Student Status

Leisure or Recreational Roles- artist, musician, runner, reader, movie-goer, sports participant or fan, writer

Other Roles- patient, client, spiritual or philosophical devotee

Make Your List Here:

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Closing Reflections~
One thing I learned today is:

Something I will try is:

I want to learn more about:
Resources (with thanks to Lynne Sturm and Paula Sullivan)

*Online*

https://www.poemhunter.com
https://www.artofmindfulness.org.uk/
https://tinybuddha.com/about/
www.palousemindfulness.com
www.marc.ucla.edu
www.insightmeditationcenter.org
http://www.mindfulnessatthecenter.org
http://www.wisebrain.org/tools/wise-brain-bulletin
http://www.rickhanson.net/writings/just-one-thing
http://www.racehlremen.com/keeping-a-heart-journal

*Books*


References


