

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

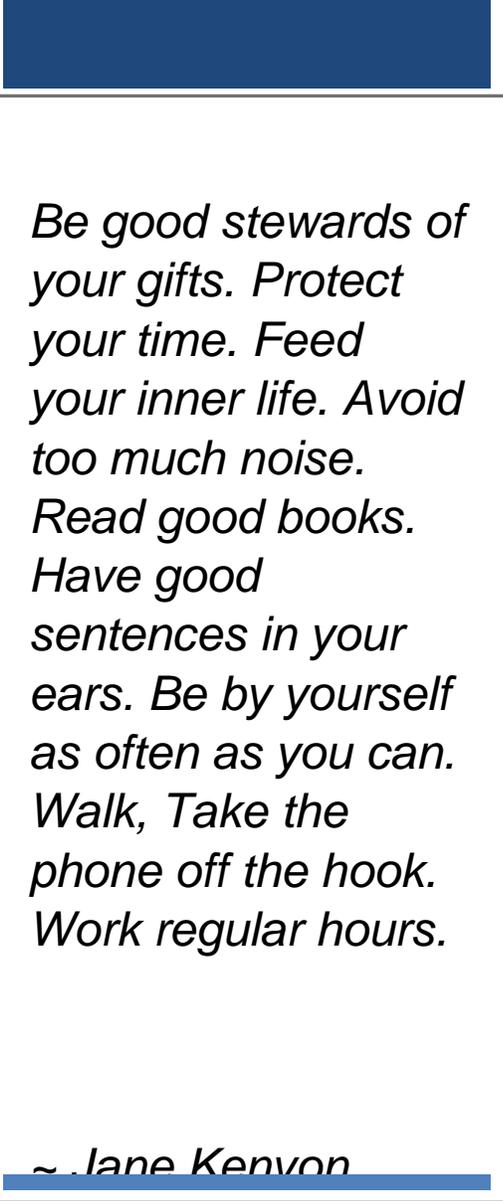
Break

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

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)...

Visual Arts and Self-Care (Virant, 2018)

Benefits of Making Art

Art-making lowers cortisol, a stress related hormone (Kaimal, Ray & Muniz, 2016)

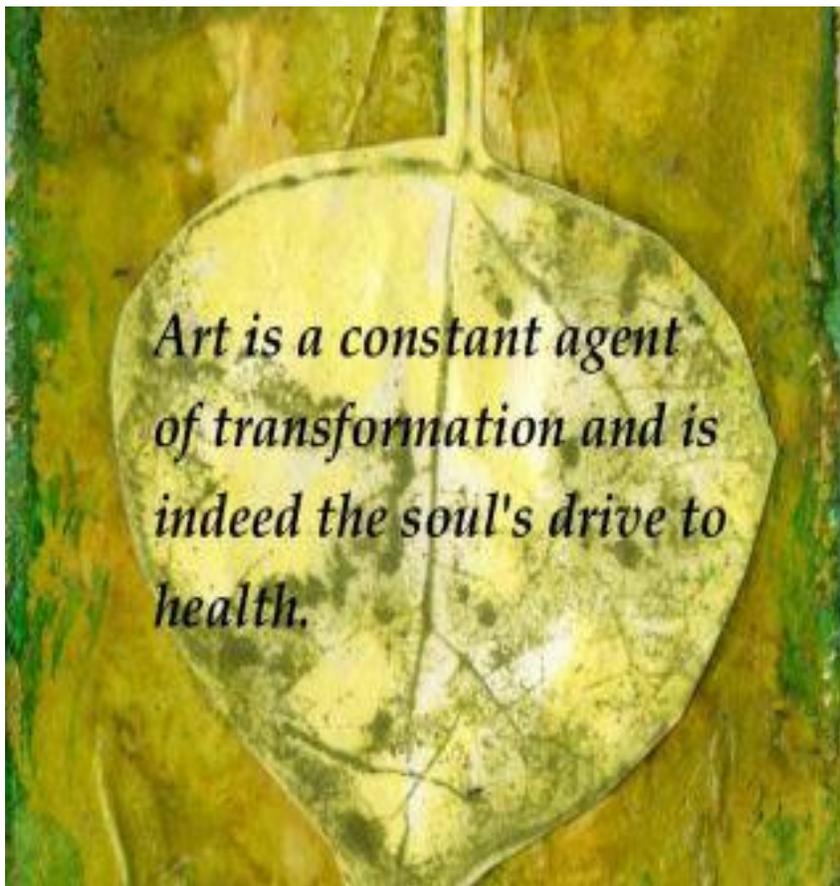
Enhances self-knowledge

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

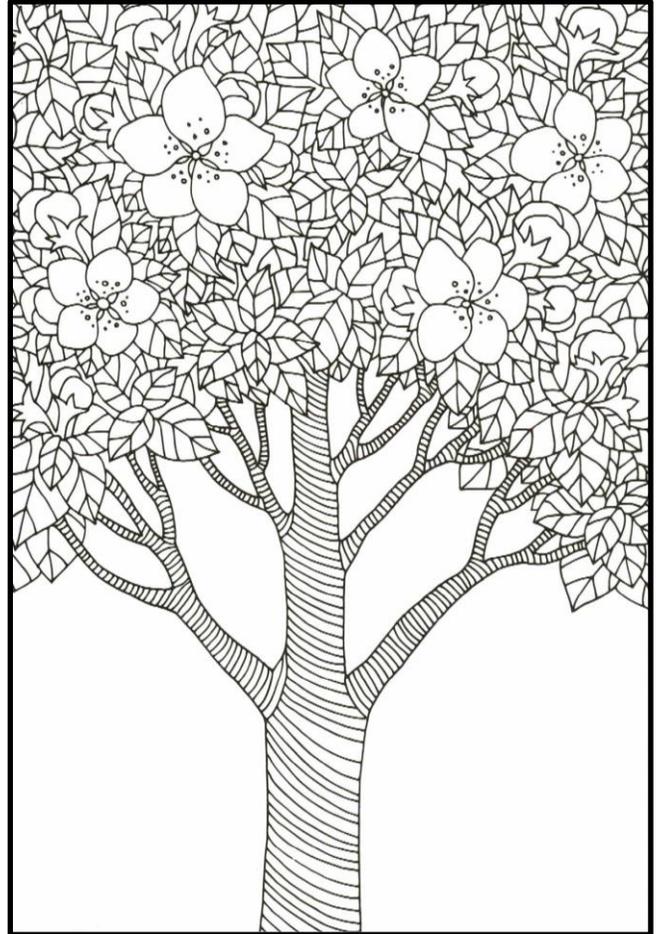


Collage Activity: My Role Quilt (Cohen, Barnes & Rankin, 1995)

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.orgwww.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

Cohen, B. M., Barnes, M. M. & Rankin, A. B. (1995). Managing traumatic stress through art: Drawing from the center.

Greenhalgh, W. (2017). Stop, Look, Breathe, Create.

Medaglia, M. (2016). One year wiser: A gratitude journal.

Skovholt, T. M. & Trotter-Mathison, M. (2016). The resilient practitioner: Burnout and compassion fatigue prevention and self care strategies for the helping professions, 3rd Ed.

References

Gatti, S. N., & Watson, C., & Seigel, C. (2011). Step back and consider: Learning from reflective practice in infant mental health. *Young Exceptional Children*, 14(2), 32-45.

Lemay, M., Encandela, J., Sanders, L., & Reisman, A. (June, 2017). Writing well: The long-term effect on empathy, observation, and physician writing through a residency writers' workshop, *Journal of Graduate Medical Education*, 357-360.

Kaimal, G., Ray, K., & Muniz, J. (2016). Reduction of cortisol levels and participants' responses following art making. *Art Therapy* 33(2) 74-80.

Shapiro, J., Kasman, D., & Shafer, A. (2006). Words and wards: A model of reflective writing and its uses in medical education. *Journal of Medical Humanities*, 27, 231-244.

Simpson, T., Robinson, J., & Brown, E. (2018). Is reflective supervision enough: An exploration of workforce perspectives. *Infant Mental Health Journal*, 39(4), 478-488.

Tomlin, A. M., Hines, E., & Sturm, L. (2016). Reflection in home visiting: The what, the why and a beginning step toward how. *Infant Mental Health Journal*, 37(6), 617-627.

Virant, K. W. (2018). Art as self-care: The health benefits of creating and enjoying art. *Psychology Today*. Retrieved from <https://www.psychologytoday.com/us/blog/chronically-me/201806/art-self-care>