

BUILDING INNER RESOURCES THROUGH ARTISTIC EXPRESSION

Kira Charanduk Registered Provisional Psychologist MC

Gratitude

- First, I would like to acknowledge gratitude to all who are working hard in the pandemic.

Thank you to...



Images From: Powerpoint stock images, and pixabay

Opening Remarks

- Looking after ourselves...When we work on ourselves, it can sometimes be difficult. Please check in with yourself through our time together.
- Move around as needed.
- Listen as much or as little as desired.
- Reach out:
 - Distress Line: 403-327-7905
 - Mental Health Helpline: 1-877-303-2642
 - Kids Help Phone: 1-800-668-6868 or text CONNECT to 686868
 - Crisis Text Line: Text CONNECT to 741741
- Additional resources:
 - 211 Alberta
 - Covid support: Text4Hope COVID19HOPE to 393939

Materials

- Please take a moment to gather any materials that you want.
- Paper
- Pencil
- Crayons
- Markers
- Paint
- Rocks
- Magazines
- Clear beads
- Pictures



[Images From: https://canada.michaels.com](https://canada.michaels.com);
Pixabay;

We do not need
to be artists to
create.

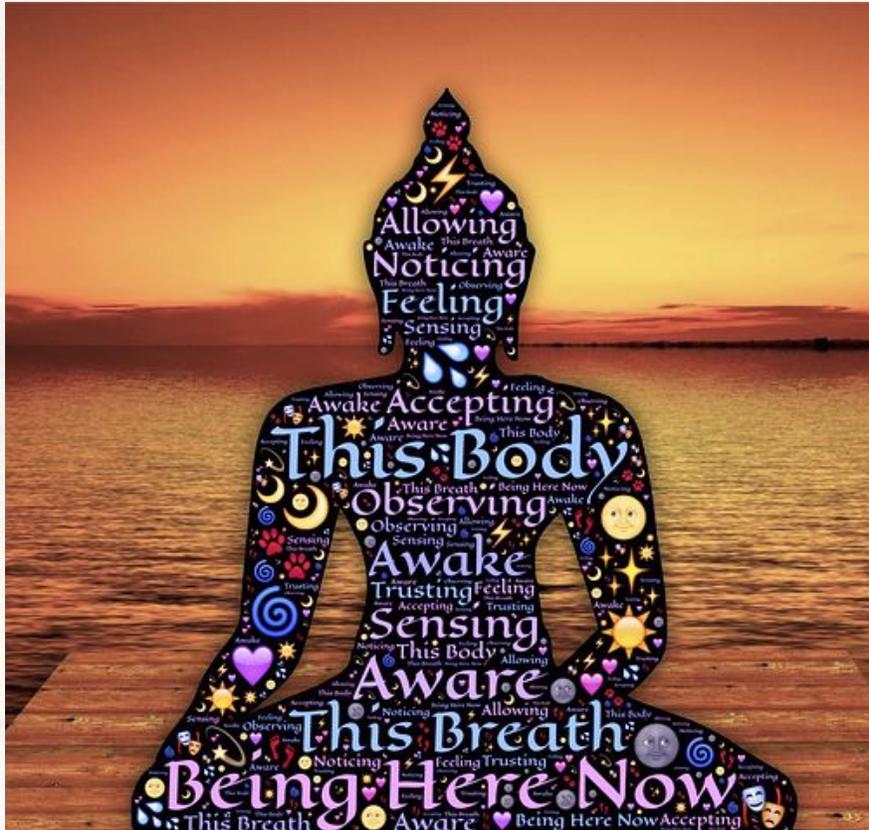
There is no right
or wrong.

Enjoy the journey,
rather than striving
for perfection.

Remember...

- A few things I would like to invite you to remember as we enter today's presentation...

Take a Moment to Check-in With Yourself...



Images From : Powerpoint stock images and pixabay.

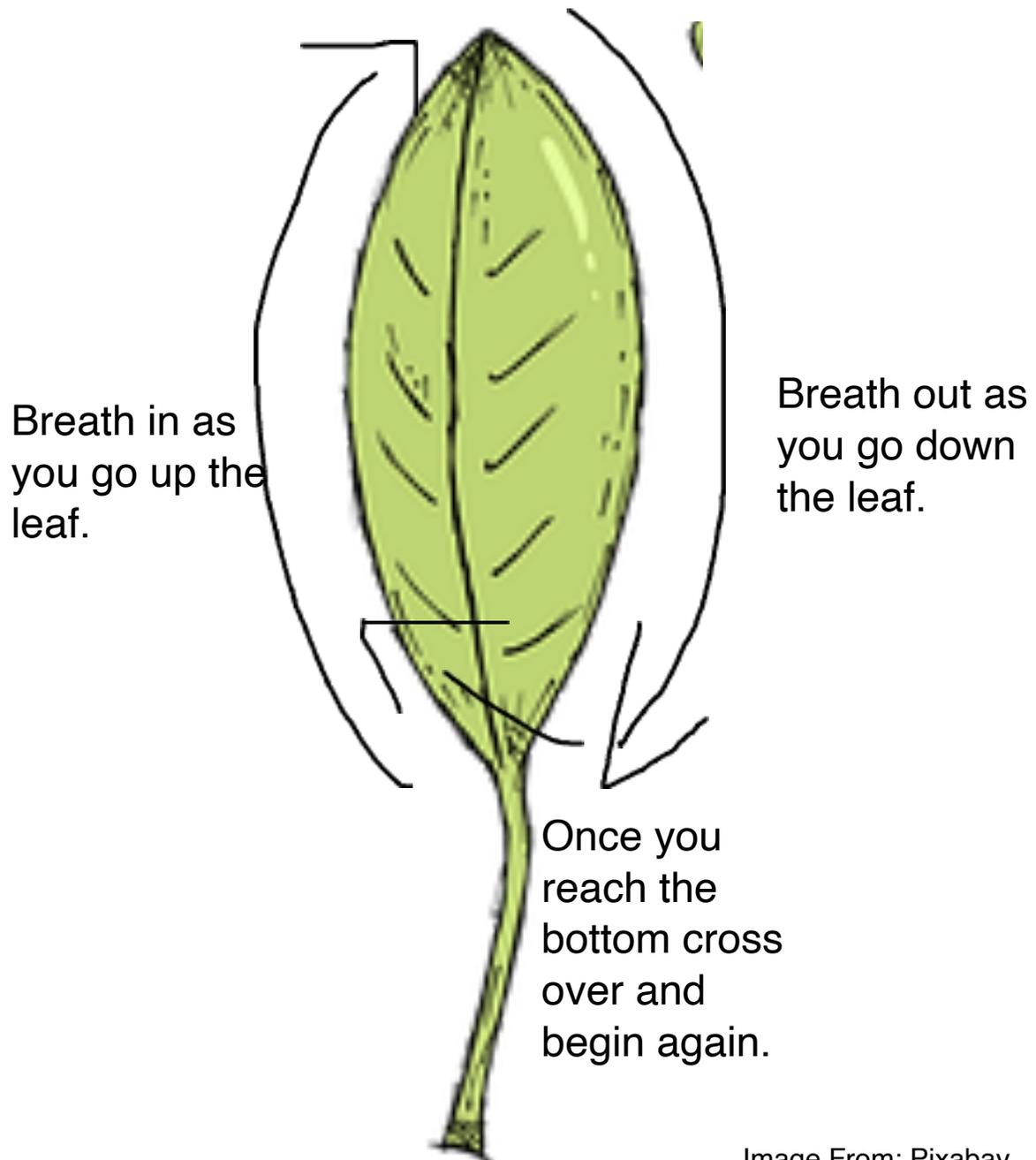


Image From: Pixabay.

Grounding tools

- Here are a few grounding tools if you start to feel a shift in your body.
- Grounding is important to get our bodies back to a place where they know they are safe, allowing our brain to come back online. By having our bodies know we are safe, our brain can then do what it does best THINK (think, problem-solve, rationalize etc.,).
- Additional:
- Count down from 100 to 0, by 3's.

A close-up photograph of a hand holding a glowing orb of light against a dark background with other blurred lights.

Goal For Today...

- The hope out of today's Wellness Webinar is for you to take a deeper look inside, strengthening the resources we all carry within.
- To start to work on bringing resources from outside of ourselves, allowing us to lean on these resources when we need them.
- Building a reminder of the strength that we carry within, using this power and knowledge once we start to notice life is getting to be a bit too much.

The Power of Forming Self-Awareness Through Discovery of the “inner world”.



Building an awareness of self is a long-term skill that starts with reflection.



As self-awareness involves looking at your inner self and reflecting, as well as including other factors involving interactions with others, values, thoughts, feelings, body sensations, and more.



Throughout the self-awareness journey it is important to be patient with yourself as well as allowing yourself to be present in the here-and-the-now.



Remember...this is a process. Building self-awareness takes time.

Building Our Inner Warrior Shield

- Pause: Take a moment to reflect right now, here in the present. We are going to look at three individual parts to connect them to create an inner resource for ourselves.
- Strengthening the parts that are within us.

Nurture



Wise



Protective

Images: Top: Taken by Lauren Tolma (Photographer) owner of image, myself.
Left image: From pixabay. Right Image: Artwork by Lora Zombie "The Courage"
Artwork in my home.

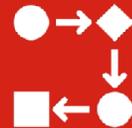
Building Reminders



We will start by building reminders of our inner strengths that we hold within.



I want to start to focus on yourself and the inner qualities that we all hold.



We are going to begin by exploring each part separately.



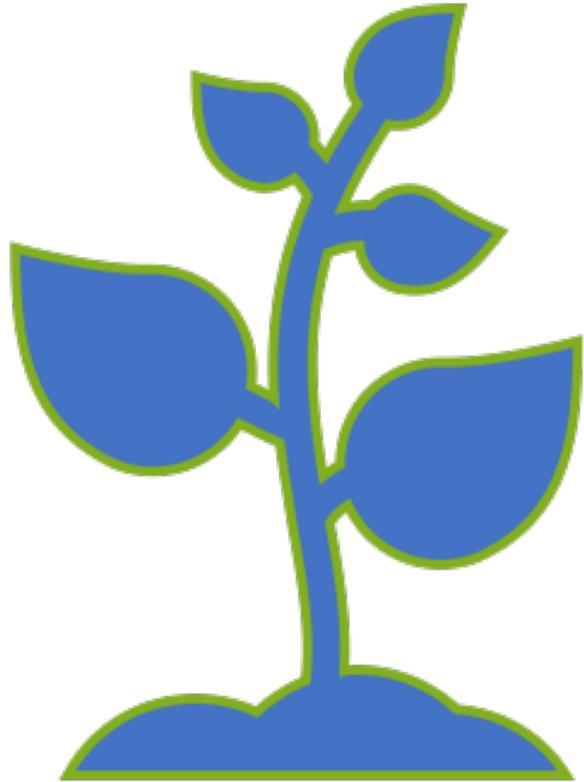
Image From: Pixabay.

Protector

- The first element that I invite you to look at for yourself is to explore your inner protector.
- This part that you hold within you can be real (i.e., parent, grandparent, etc.,) or imagined (i.e., bodyguard, bear, etc.,).

Wise

- The second element that I invite you to look at for yourself is to explore your inner wise figure.
- Picturing the wise part that is held within you, an imagined part (i.e., Owl, spiritual figure-Buddha), or one that is real (i.e., teacher/professor, grandparent, elder).



Nurturing

- The third element that I invite you to look at for yourself is to explore your inner nurturing figure.
- Picturing the nurturing part that is held within you, an imagined part (i.e., nature, blanket etc.), or one that is real (i.e., loved one, beloved pet etc.).

Clip art From: Powerpoint.



Deepening of Qualities

- Take a moment to reflect on your inner figures.
- Is there a word, phrase, poem lyric of a song that you want to add to your shield.

Image From: Powerpoint.

Checking-in

How was this activity for you?

Did this activity change for you as you progressed? Beginning, middle, end.

How could you adapt this activity?

Is there anything that you would change for yourself about this activity?

How do your bodies feel right now?
Are you noticing any spots of tensions or tightness, or is your body relaxed and calm? Is your heart beating quickly, or methodically?
Taking a few minutes to notice your body, to whatever feels comfortable for you right now.

Is there any take a way's that you have from doing this activity?
Anything that you perhaps learned about yourself, or has been brought to your awareness through this activity?

Adaptations:

One question that I asked on the previous slide was how can we adapt this. I wanted to let you know of a couple ways this can be adapted from ourselves and expanded to others.

This activity is one that can be done with teen and/or children through helping them to understand each element, while working on expanding the inner qualities out (externalizing them). It can be a reminder similar for us of our inner strengths and resources that we hold within ourselves.



**THOUGHTS?
QUESTIONS?
REFLECTIONS?**

