

Art Therapy Reducing Anxiety & Promoting Self-Care



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What is Art Therapy?

- ◎ Art therapy is based on the ideas that the creative process of art making is healing and life enhancing and is a form of nonverbal communication of thoughts and feelings.

- American Art Therapy Association

- ◎ It is a modality that can help individuals of all ages create meaning and achieve insight, find relief from overwhelming emotions or trauma, resolve conflicts and problems, enrich daily life, and achieve an increased sense of well-being.

- Malchiodi, 2003

Stress & Anxiety

Body/Physical

Tense Muscles
Headaches
Increased Blood Pressure
Increased Heart Rate

Mental/Mind

“Foggy” thinking
Negative thoughts
Difficulty concentrating
Constant worrying

Emotions

Anxiety
Fear
Anger
Sadness
Depression
Irritability

Actions/Behaviors

Isolation

Risky Behaviors

- over/under eating
- drinking alcohol
- drugs (prescribed or illegal)

Lashing out

The Experiential

- ◎ Sometimes we don't feel safe to express our feelings and thoughts.
- ◎ Utilizing an alternative way to express yourself, a different way to communicate, can be helpful.
- ◎ Today we are going to learn a new way to express thoughts and feelings that might be difficult to say to someone else.
- ◎ At the same time, we are going to engage in an art activity that can cultivate healing.

Guatemalan Legend

- The indigenous people from the Highlands in Guatemala created Worry Dolls many generations ago as a remedy for worrying. According to the Mayan legend, when worrying keeps a person awake, he or she tells a worry to as many dolls as necessary. Then the worrier places the dolls under his or her pillow. The dolls take over the worrying for the person who then sleeps peacefully through the night. When morning breaks, the person awakens without the worries that the dolls took away during the night.



◎ Instructions

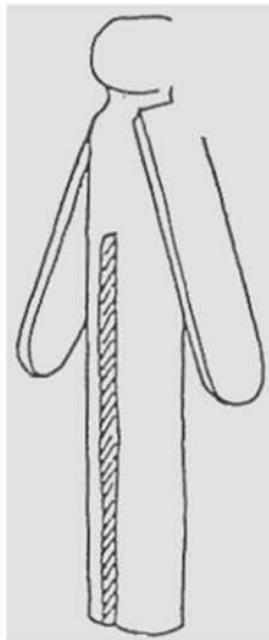
-Worry Dolls

Step 1: Write your worry on the doll

Step 2: Apply glue before wrapping the floss or yarn

Step #1.

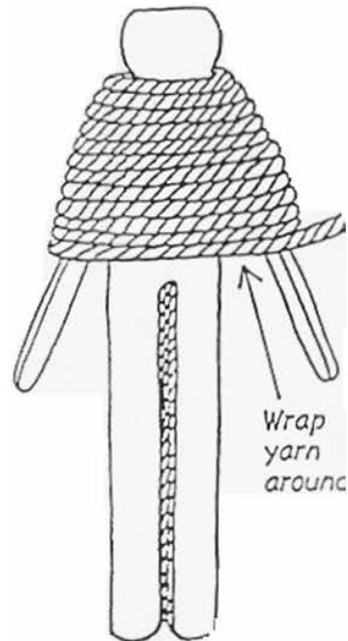
The arms are glued prior.



Step #2.

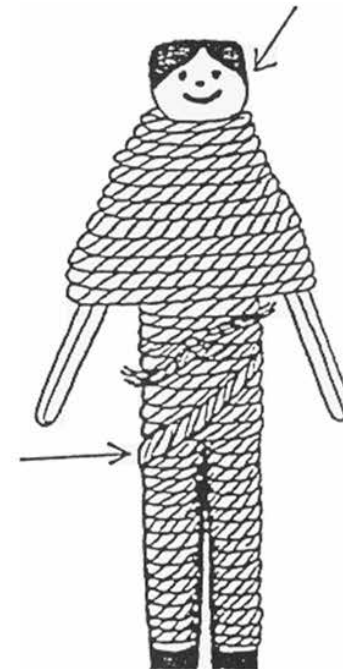
Write a worry on the body.

Apply glue before wrapping with floss.



Step #3.

You can also wrap arms to make sleeves.



Any Questions?