

Art Mindfulness Initiative

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Abstract / Introduction

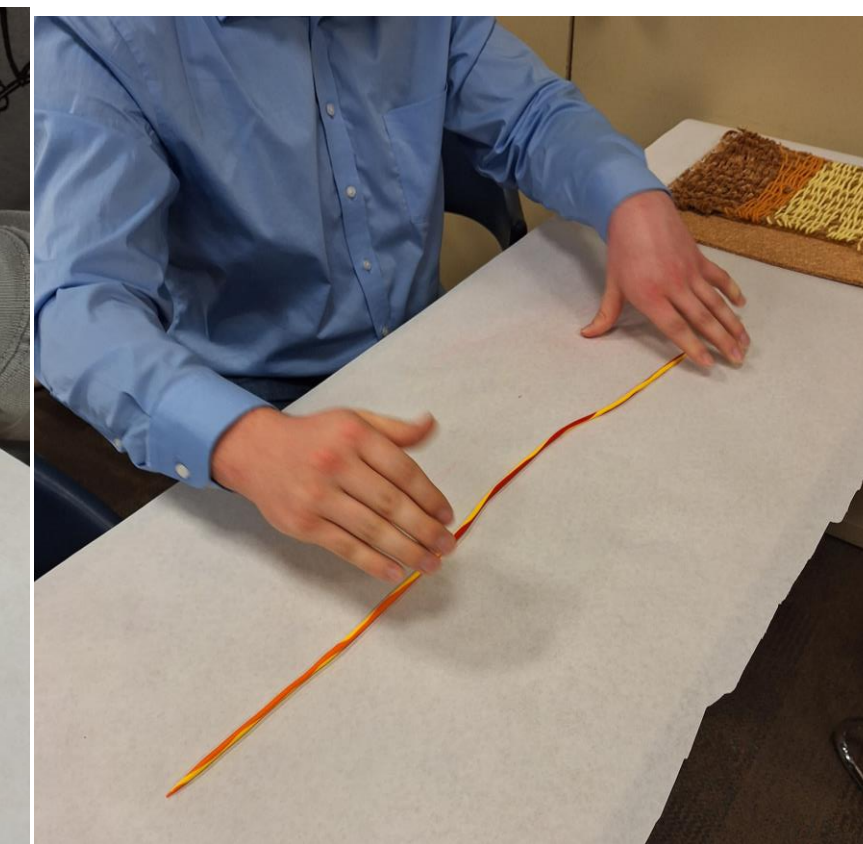
The Art Mindfulness Initiative was a student-led 4 week workshop focusing on providing other students with affordable ways to use art to destress, center oneself, and take a break from the hecticness of life. Each week, students gathered to learn about psychology and mental health from the NAMI and Psych Club then learned a new craft from art students. At the end of the workshop, everyone's work was put together to make a conjoined piece to be displayed in the April Art Walk.



Participants learning how to set up the mini looms



Participant making flower charms out of polymer clay



Participant rolling a coil for his beads

Conclusion/ Testimonials

"I honestly enjoyed every aspect about the workshop. I really enjoyed doing the weaving because that's something new to me"

"I have felt very relaxed after each meeting."

"It helped me figure out ways to deal with stress and ways to practice mindfulness on my own for cheap. I had a lot of fun. It was cool to get to know other people, as well as do crafts I wouldn't normally do."

Topics/ Processes

Day 1:
Addressing Stigma and The Importance of Talking About Mental Health

Mini Weavings made with yarn, corkboard, and pushpins

Day 2:
What is Mindfulness?

Beads and charms made with polymer clay

Day 3:
Breathing and Grounding Exercises

Drawing Your Breath

Day 4:
Social Psychology

Joining the Pieces



Day 1 of the workshop, everyone learning how to set up their mini looms

Results



Day 4 of the workshop: taking a picture with the work sewn together before being perfected for the Art Walk



Participant finishing up her first mini weaving.