

Open Book

A Mental Wellness Companion Journal

Created and presented by:

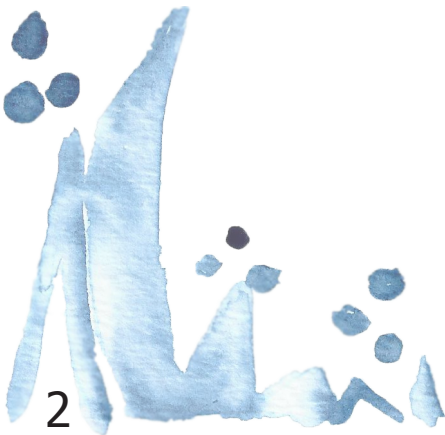


This journal was made possible
and generously funded by:



The activities in this journal are based on lived experience.

None of these should replace any plan or activities that your doctor, therapist, or other mental health worker has created with you. Just because something is helpful to someone else does not mean it necessarily will work for you. Long-term solutions and habits are also important parts of self-care that this journal may not provide for you. Wellness looks different for everyone! We can't guarantee it, but hope that some of the things in this journal might help you in maintaining it.



How to Use This Journal

The idea for Open Book: A Mental Health Companion Journal came like a bolt of lightning - fast and unexpected. The community of Artbeat Studio alumni artists, who use creative practices to help in their mental health recovery journey, have filled this journal with artworks, poetry, helpful sayings, powerful stories, and activity suggestions to spark your creative mind and invoke feelings of community connection. Know that you are not alone in your journey to mental wellness, and it is an ongoing process for us all.

So, how do you use this journal? Any way you want! You can go through it in order or open it to a random page every time. You can use it every day, every week, or just when you feel like it. Some pages may resonate more with you than others, so take what works for you and be empowered to incorporate those aspects into your daily life! We encourage you to be an open book with your journal and don't be afraid to unleash your creativity and explore new ideas. There are no judgements here and we wish you well on your journey.

If you do wish to share any of the works you created inspired by this journal online, use #WellnessWithArtbeat in your social media posts so we can see it.

This journal was created by Artbeat Studio in partnership with the Victoria General Hospital Foundation. In return for receiving this complementary journal, we ask that you fill out a short survey included with this journal or online at <https://tinyurl.com/xn9c8xya> by June 23, 2021.

Mantras that help Elaine:

One day at a time.

One step at a time.

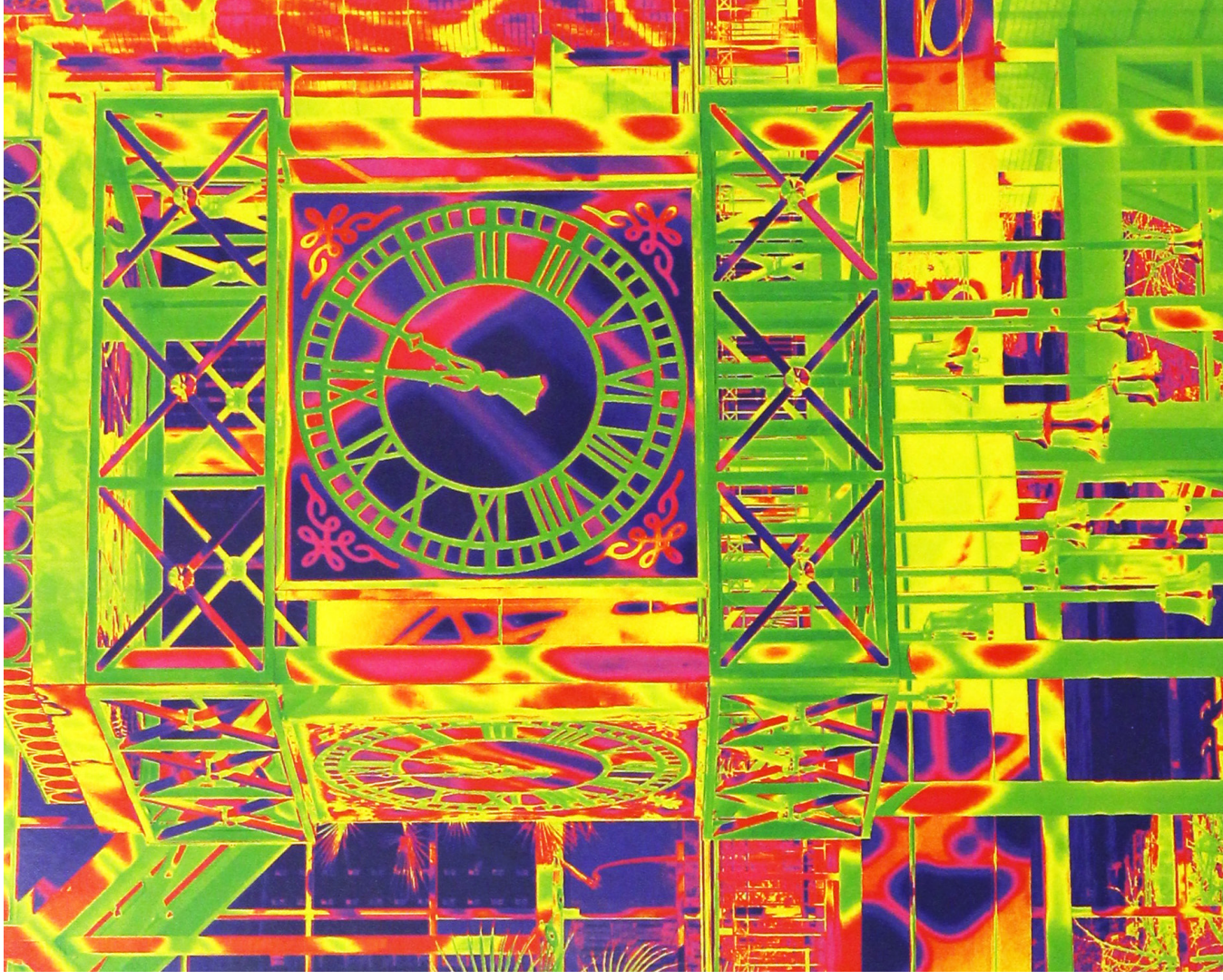
Stay in the moment.

Think About It:

Don't live according to the timeline of others. Everyone is on a different timeline.

What's meant to be for you, will be yours ... in time.

Do you ever think about the intricate workings inside of a clock?



“Tick Tock” Kevin Grummett, photograph

A Page of Your Passions

Fill this page with words or images of things that get you fired up! Think about what excites you about them.



Creativity and Wellness: Coping Strategies

“Favourite activities for keeping myself sane let me feel accomplishment. Art is the best, as long as it doesn't make me feel like I cannot perform it. I would recommend kumihimo or dotting for anyone who has art blocks and wants something that is easy to start and easy to put aside for a bit. Also, it can make great gifts for friends and family. Art is also helpful for someone whose structure of the day is irregular, to balance it and stay up as well, which is helpful while struggling with depression. I also feel valued by my children for what I do, and my daughter joins my creative activities; something we can do together.”

- Yekatrina





A Good Time

by Robert St. Germain

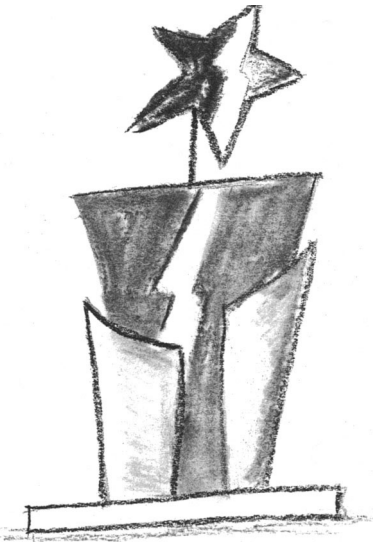
I am having a good day, and hope it will last.
I take my time, not running too fast.
It's not too hot and not too cold.
I feel young in my heart even if I am getting old.
There is a song in my heart as I walk down the street.
And I am glad to be moving on my feet.
This is a break from the things that bring me down.
I do not feel the need to frown.
I wish that tomorrow will be like this too.
Full of fun things to do.

Kaleidoscope Poetry



Recognize Your Achievements

Every time you visit this page, award yourself a trophy – you deserve it! Decide what it's for and decorate one.



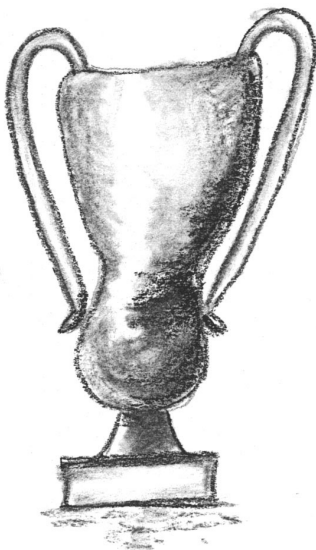
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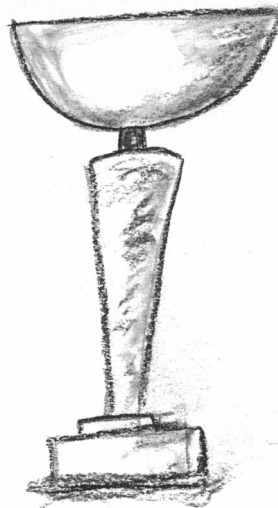
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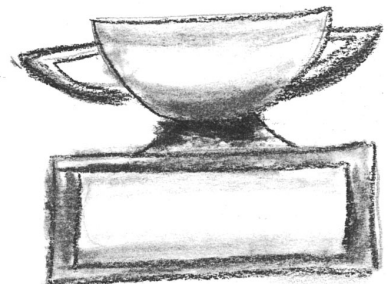
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Awarded for:



Awarded for:



Awarded for:

Creativity and Wellness: Coping Strategies

“Crochet and knitting has helped me through some tough times. I donate my items to a local organization and it helps me feel good that I’m helping others while doing something that helps my Mental Health.”

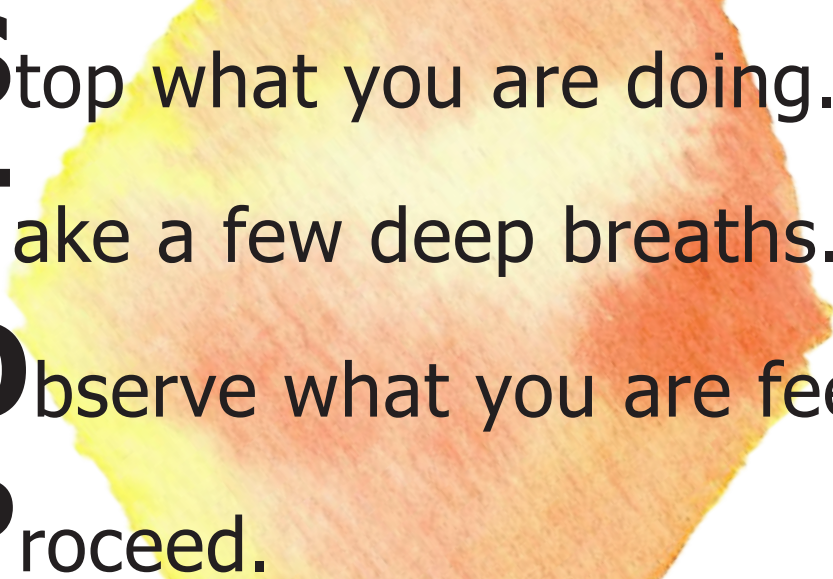
- Christine

Check in with Your Head, Your Heart, and Your Body

Instead of naming an emotion (nervous, excited, tired) try to use poetic description. For example, my head is a hive of bees, my heart is a half-open door, my body is a slow rolling river... As a next step, illustrate your phrases in simple images.

A Quote That Helps Marcia:

“For every problem that I may create, I am confident that I can find a solution.”



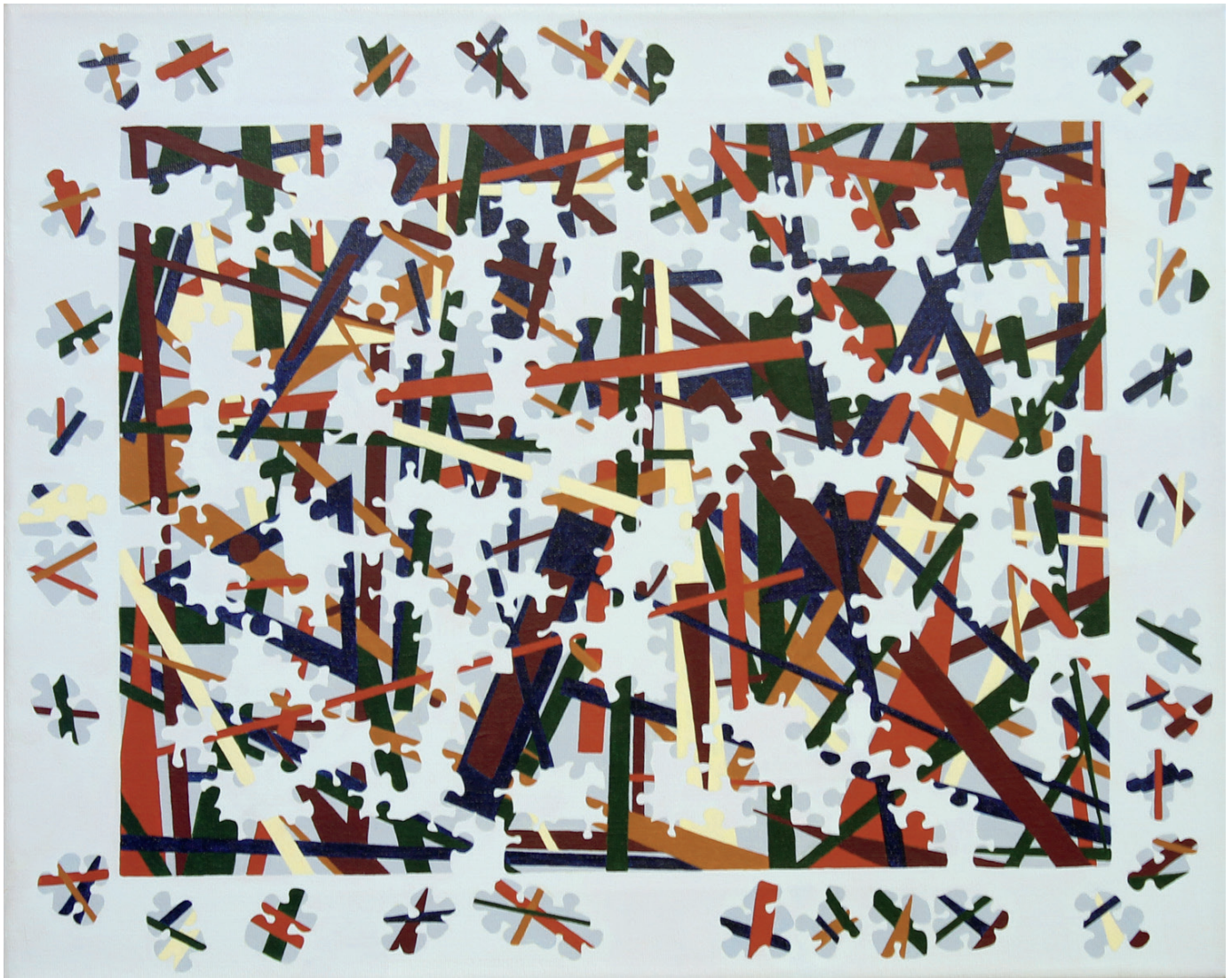
Stop what you are doing.
Take a few deep breaths.
Observe what you are feeling.
Proceed.

Stop what you are doing. Take a step back - it's time for a break! Take a moment to pause.

Take a few deep breaths. Take this time to focus on your breathing, even going as far as instructing yourself through the process, guiding your breath "in" and "out".

Observe what you are feeling. This includes your mental and physical state. Acknowledge all thoughts and emotions you are experiencing. Reflect and realize thoughts are not facts, and therefore not permanent.

Proceed. Follow up with some form of self-care activity that will support you at the moment. Try to exercise the "stop" method more frequently by scheduling a dedicated time daily.



“That’s Life, It Doesn’t Always Fit” Rachelle Diddens, acrylic on zinc

Think About It:

Life can feel like a giant puzzle some days. You go about and pick up pieces to fit into it. Sometimes, you may pick up a wrong piece and it doesn’t seem to fit anywhere in your life. Perhaps it’s a piece that belongs to someone else’s puzzle who is waiting for you to return it. Perhaps it does belong to your puzzle, but you’re not working on that part just yet.

We all have missing pieces to our puzzle, and it doesn’t mean that we are incomplete, it just means that we are working on it.

Thinking Positive!

Think about one positive thought about yourself, like “I am a great singer” or “I am so good at listening.” Write this one sentence affirmation 10 times like a list. It’s easy to think negative thoughts. This exercise trains us to think positive and can really change your mindset.

Can You Feel the Music?

Write about your favorite songs. How do they make you feel? What do the lyrics mean to you? Can you remember the first time you heard each song?

Think About It:

Which colour stands out most to you from looking at this?

What does it make you think about?

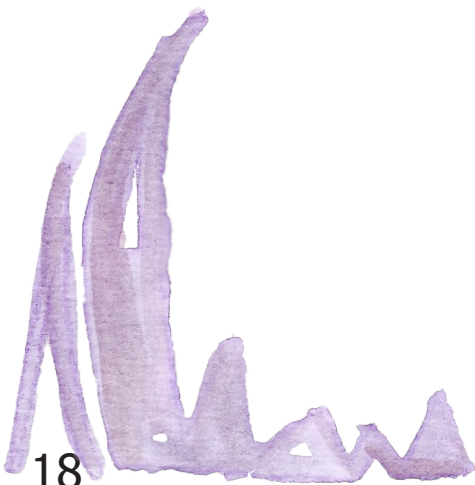
Why do you think the colour brought forth these thoughts?



"Hella Night" Rhianne Favelle, acrylic

Hello, My Name is:

If you were going to explain who you are to a stranger, how would that go? Writing this can help you identify how you think of yourself.



Creativity and Wellness: Coping Strategies

“Reading a comic book or listening to music with inspiring lyrics really help me gather my thoughts and balance my emotions.”

- R.N.

Feeling Anxious?

Every time you visit this page, write or draw a way that you can make yourself feel safe when you are anxious. Come back to this list when you are anxious and need a reminder!

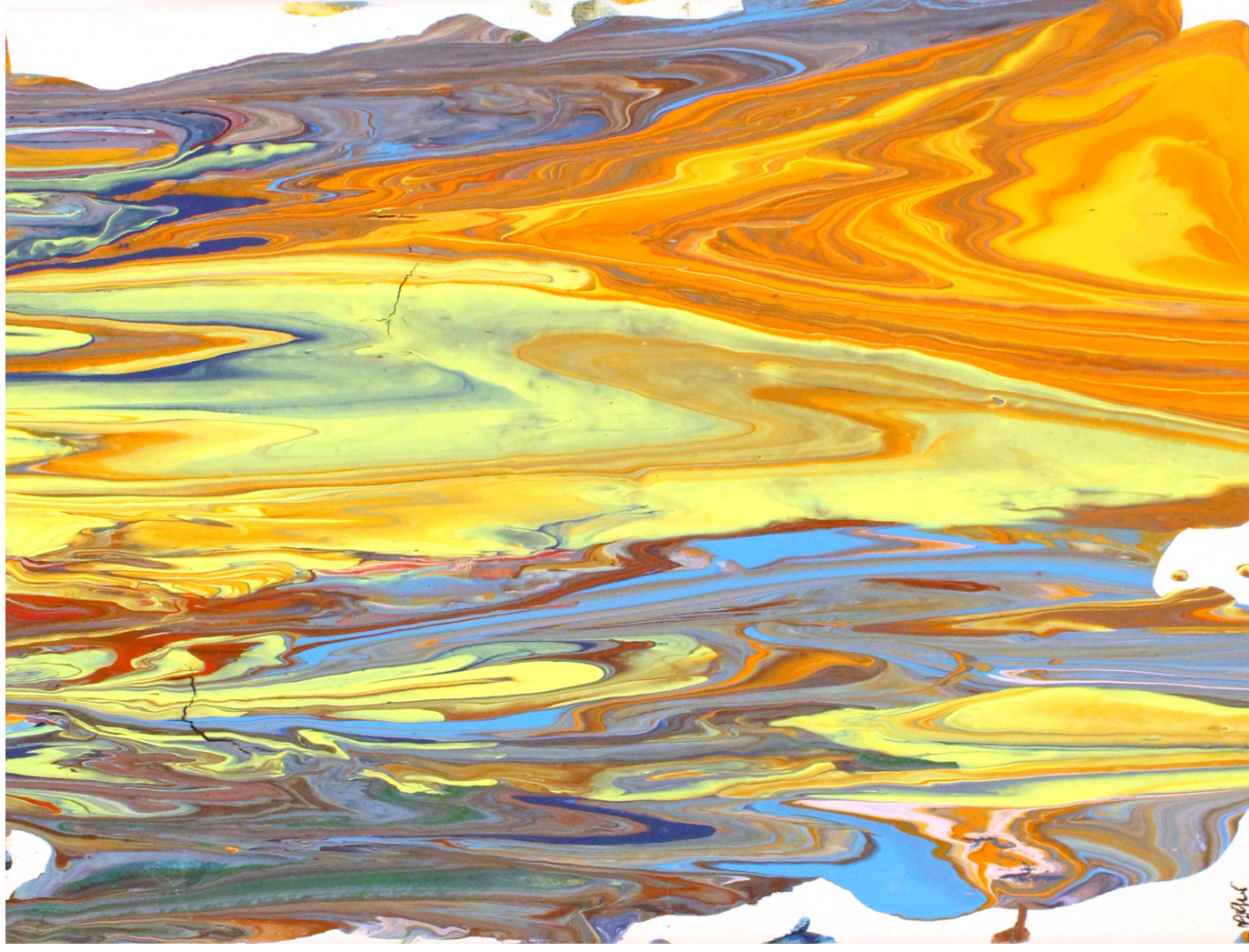
Every time you visit this page - add MORE to it!

Think About It:

Do you find relief in this painting?

What does the feeling of relief mean to you?

Sometimes when the feeling of relief washes over us, it is followed by guilt. Don't let guilt rob you of that moment of relief! Embrace it!



"Relief" Megan Tyler, acrylic



A Quote That Helps Christine:

“Every flower must
go through dirt
to bloom.”



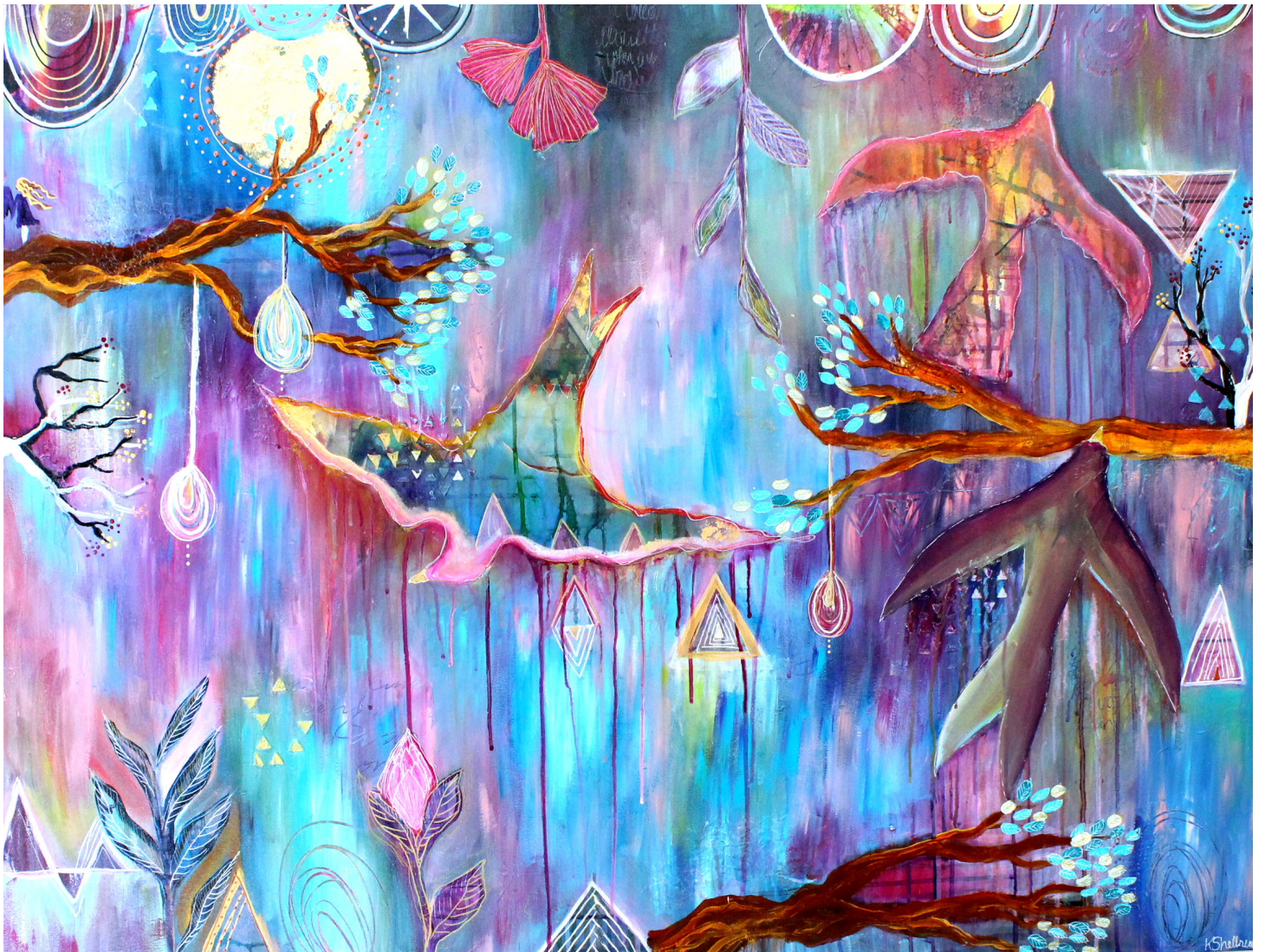
A Page of Compliments!

Write down compliments that you've received. Write down compliments to people in your life.

Butterfly

by Betty Carmicheal

To be free just like a butterfly!
Oh how I would like to fly higher than a kite!
No matter what the weather, wind, rain,
Snow, sleet. Up up away in the sky.
Tumbling, swirling and flying up and down,
from the sky to the ground.
The wind is my helper. I depend on it so I
Can fly! My wings, oh my wings help me to fly!
Monarchs come from Brazil – imagine all that
way!
Turquoise. Blue ones have been seen in Asia.
Imagine the miles the wind has helped
Me with.
Fly, fly, oh butterfly!



“Fly” Kathleen Shellrude, acrylic , mixed media

Think About It:

What do you see first in this painting?

Why is your eye drawn to it?

What do you think it's like to be up in the sky, flying high, and have a bird's eye view of what is below?

Sometimes we have to fly, to distance ourselves, in order to see the whole picture and to understand the perspective of others.

A Tough Day

The next time you hit a rough patch, what are the things you'd like your future self to remember?



Body and Mind

How we view our bodies can change or evolve. Write yours a note! Whether you want to write a love letter, some complaints, or a letter of apology, if you can recognize issues in your relationship with your body – not your body itself – then you can work toward fixing them. If you need more space, write on a larger piece of paper and then tape your letter here.

Ildiko's All Time Favourite Quote:

"This is a reminder of what really is important in life. Art can transform our mood, provoke our thoughts or just help us to open up our imagination."

"O great creator of being, grant us one more hour to perform our art and perfect our lives."

- Jim Morrison

Mental Wellness Alphabet

When we're having a tough time, sometimes we forget the things that we know help us feel better in the moment. Create an alphabet of wellness activities you can turn to when you need a lift!

Art-Making

Breathe Deeply

Have a Good **C**ry

Dance

Exercise

Watch a **F**avourite **F**ilm

Garden

Hang-out with a Friend

Explore an **I**nterest

Journal

Do an Act of **K**indness

Listen to Music

Meditate

Spend Time in **N**ature

Organize Something

Pet an Animal

Take **Q**uiet Time

Read a Story

Have a **S**hower

Tense & Release Your Body

Unplug From Devices

Virtual Travel

Write a Letter

Express Your Emotions

Do Some **Y**oga

Zzzz....Take a Nap!

A

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What Kind of Sky am I?

Think about the sky of you and how it reflects your mood or personality. Depict your sky with words or art.



“Prairie Storm Clouds” Fraser Hebert, photograph

Think About It:

Sometimes the clouds roll in and block our sunshine... or is it the sun shining through the clouds?

It's all in your perspective!

Creativity and Wellness: Coping Strategies

Do you ever feel that rush of excitement making a 'to-do' list? What about the happy high it gives you to cross an item off that list? Okay, how about the feelings of accomplishment when you complete your list and add more to it? If you said 'that is not me' to one or more of these questions, I might have a solution for you, because 'that is not me' is my answer to all these questions.

Now do not get me wrong, for some the 'to-do' list is just the ticket to get some people motivated. For me a 'to-do' list is so anxiety filled that it may spur on my depression and send me back to bed. So what kind of list works for me and may work for you? The 'What I did list'. The 'What I did list' is exactly what it says. Write down everything you do during the day. It is as easy as this example:



- Got Out of Bed
- Brushed My Teeth
- Got Dressed
- Took My Medication
- Met with a Friend
- Made Myself Dinner
- Washed the Dishes

Throughout the day you add to the list things you accomplished, no matter how small. For some in deep depression, brushing out your hair may be a big deal. It can be some plans you made in your head while lying in bed. Or how about a phone call to someone for support. It is so much more satisfying to see this list grow, without the written reminders of stuff you did not do that come with a to-do list. Try the 'What I did list' for a week. See what you come up with on your list.

- Fay

Quotes and Mantras

Through this journal are quotations and mantras that help artists through tough times. Use this page to write and decorate a phrase that helps you.

Yekaterina Found Online Connection Helpful in Difficult Times

“I joined groups on Facebook while it was hard on me to communicate in person. Some groups, such as SchizArt, were relevant to what I was doing. Some pride, sharing the accomplishments, communicating while being distant... It all helps.”

Yekaterina is also an avid rock-painter, who creates beautiful art on rocks and hides them around the city. There is a large community for this in Winnipeg, and in many other towns!

“Later on, I got involved with Winnipeg Rocks group on Facebook. I just kept doing what I was doing, and this added a lot to my art activities; painting rocks, hiding rocks and rock hunting in the parks, research on new materials, all kinds of travel and physical movement that many people enjoy.”





“Four Directions” Cassandra Wolfe, acrylic

Think About It:

Sometimes we can feel like we're being pulled in all directions from the demands of others and just life itself. What do you do when you feel like you're spread too thin?

How do you decide which direction to go?

I Can Demonstrate Love for Others By:

Fill this page with examples!

Every time you visit this page - add MORE to it!

A Quote From Rose:

“You can’t shake
mental illness off, but
I can shake it down.
Let’s dance!”



“Bottles: Photography Study” Ray Jaworski, photo collage

Think About It:

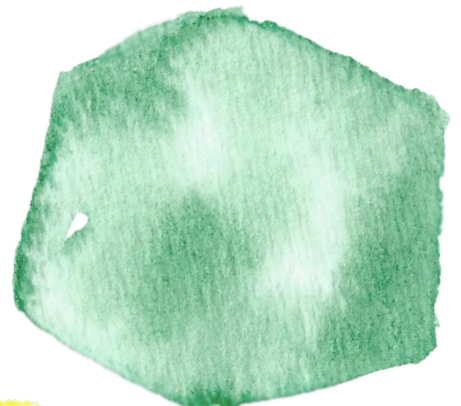
Things can look different from close up and far away.

Notice something in the room with you. Look at its tiniest details. Then look at its whole shape and how it interacts with the space around it.

Find the beauty or interest in this ordinary object.

Something I Can Teach Others Is:

Fill this page with examples!



Every time you visit this page - add MORE to it!



Christine Shares This Story About Her Mental Health Journey

I learnt to crochet when I was 15 with the help from my mom. At the time, I didn't know that there were health benefits from it, like helping your mental health if you live with anxiety and depression.

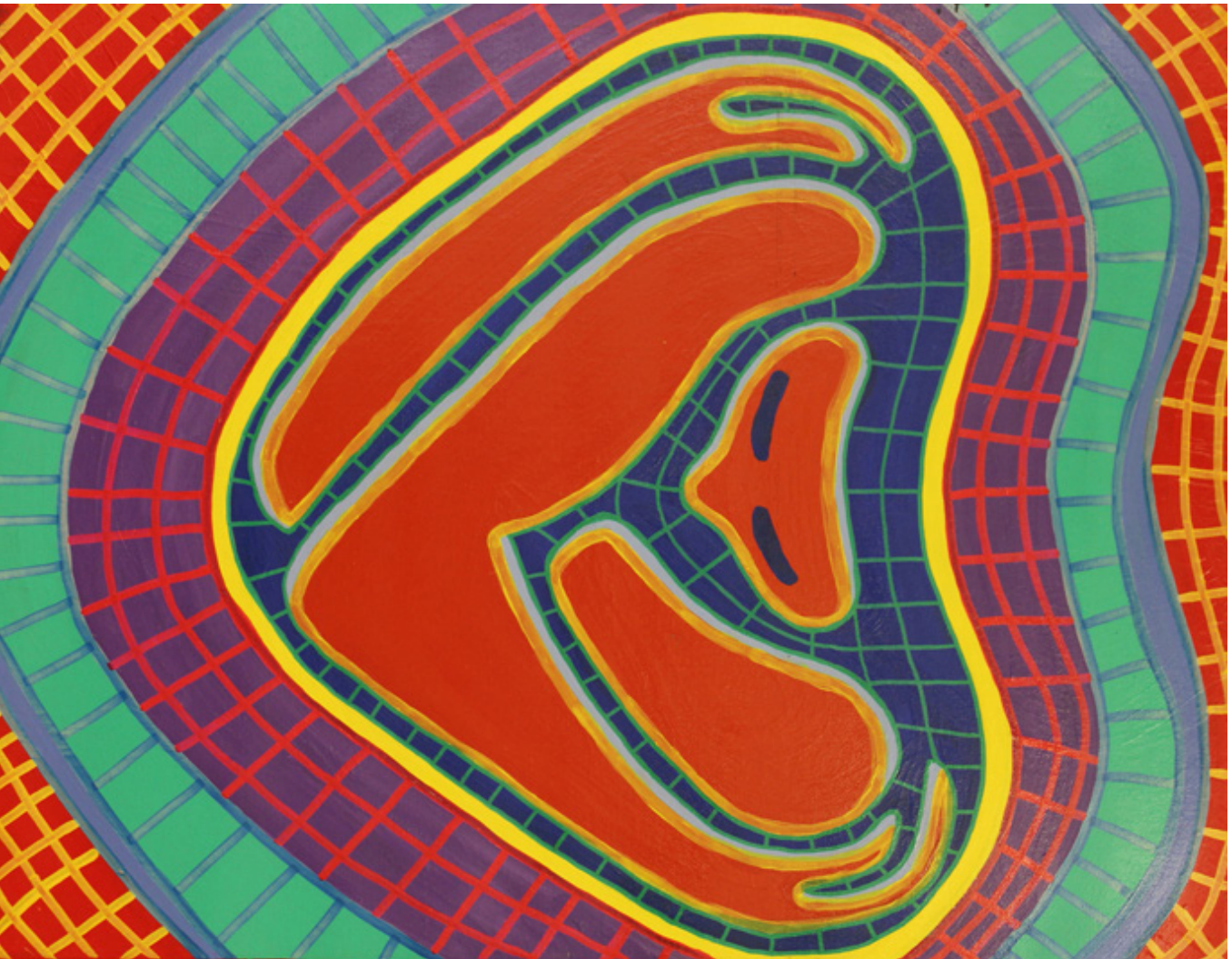
When I was 25 I was hospitalized for the first time for my mental health. I was hospitalized 2 more times after that. Crochet and knitting got me through those hospitalizations and still help me to this day. In 2018 I started to donate my crochet and knit items to a local organization. Being a crafty person, I decided to create a scrapbook type memory keepsake with pictures of the items I donate. The lady at the organization writes in it each month. When I'm feeling down I take out the books from past years and look at them and they make me feel better and inspire me to continue to create and donate.



Think About It:

Sometimes we are our own worst critics. We are responsible for our behaviors, but you are allowed to learn from your past and move forward from it. Think about something that you are punishing yourself for. Self-love, acceptance, and re-establishing a positive identity are key to mental health recovery.

Forgive yourself as you ask for forgiveness from others.



“Self Forgiveness” Holly Enns, acrylic

A Letter to Yourself

Write a letter to yourself from the perspective of an unconditionally loving friend. Imagine that this person understands your flaws and mistakes, and loves you regardless. What would this person say to you? Use this page, or write on a larger paper and tape it in here.

Self-Love Portrait

Create a portrait of yourself. Use drawing or writing to incorporate some of the things you love about yourself in or around the portrait. Don't worry about being photorealistic!

Sunflowers

by Chloe Everly

Bright, Happy,
Soft but Strong
Starts as a seed,
Grows tall to the sky,
As roots run deep
Into the earth grounds.

Follows the warmth of the sun,
As the sun raises across the sky
Brings happiness to the viewer
From a photo or being in the field
You will always feel the warmth
of love from the Sunflowers.

It's My Life!

Create your own life purpose statement. What do you want to achieve? What do you want to stand for? This can change and evolve! Every time you come to this page, reconfirm or revise.

Every time you visit this page - add MORE to it!

Yekaterina's Mantra for Hard Times

"People are good. It has to be the axiom, which does not require any proof, as all people have that proof, but in the times of despair, through the heaviest paranoia, it is not accessible emotionally. This knowledge does not get affected by any of that. It belongs to all people."





“Standing My Ground” Elliana, acrylic

Think About It:

Do you think these roses are going to withstand what's coming for them?

Will they plant their roots and stand strong until the wild winds have passed or will they be uprooted and go where the winds take them?

Do you feel grounded?

Are you firmly planted and your roots are anchored in, or are you willing to go where the wind blows?

Stay Grounded

Write or draw about the people, activities, or objects that give you comfort and keep you grounded in life.

Every time you visit this page - add MORE to it!

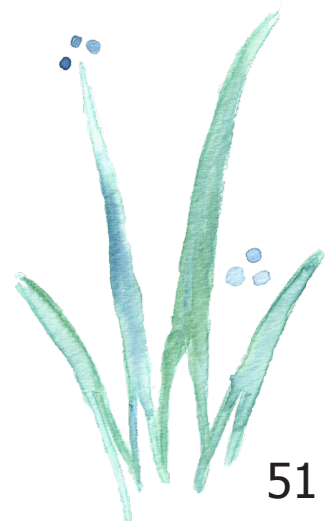
What do I Value?

Make a list of your values and why they are important to you.
These can evolve!

Every time you visit this page - add MORE to it!

A Story From Alumnus R.N.

We sometimes forget the little things we do for people and the little things people do for us. I was chatting with a friend the other day, for about an hour, just about hobbies and life, and my friend brought up a comic I gave him several years ago; I had completely forgotten about it! My friend mentioned he STILL reads the comic to his young son on a regular basis and he keeps it on a shelf next to a miniature board game piece of one of the main characters from the book. I felt a bit embarrassed but happy at the same time. To me it was a small deed. And it had a lasting impact on my friend. It was a reminder to not take the small things for granted and we should do them as often as we can. They might help someone!





“A Tourist Enters” James Adamson, acrylic

Think About It:

Have you ever been a tourist?

Where were you?

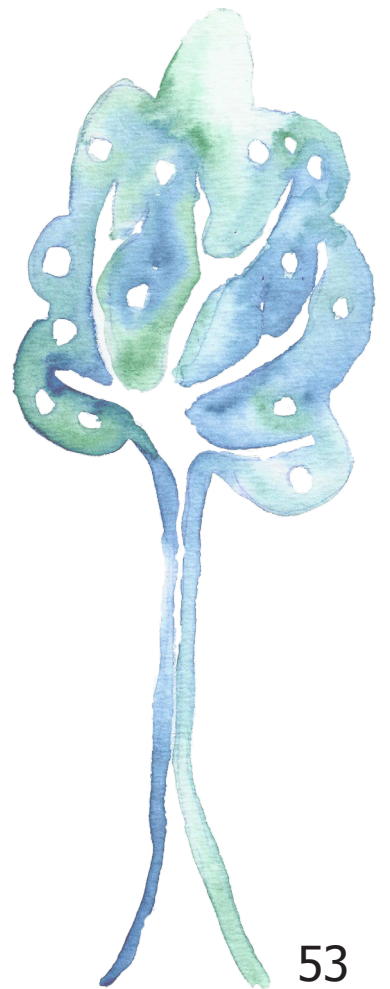
What did you do?

How did you feel being in a place you’ve never been before?

How did you overcome any obstacles, if there were any?

Explore the World

Where would you like to travel? Think of a real or imaginary place... Write or draw about how you would get there, what you would see, and how you'd spend your time.



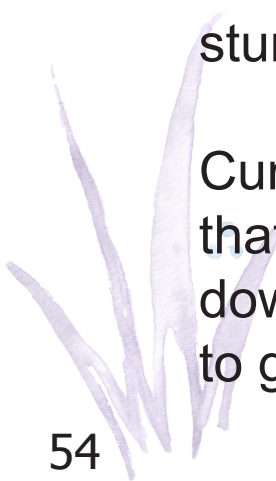
A Story From Terisa



I once read an article about how some Indigenous People made “signal trees” to establish landmarks or mark locations. To accomplish this, they would force young trees (usually those on hillsides) to grow in unusual shapes. They would bend a sapling down and hold it until the curve was fixed by growth. As the tree’s natural trend is to grow upright, it would curve upward often at a 90° angle. This article fascinated me.

I want to tell you about my personal signal tree. I suffer from complex post traumatic stress disorder. One day, when I was at such a low point that I could barely place one foot in front of the other, I forced myself to go for a walk hoping that the beauty of winter would lift my spirits. As I walked along the street lined with tall, strong trees, one caught my attention. It was misshapen, crooked, and stunted.

Curious, I wondered why the difference. I saw that at one time a large tree had been cut down, and from the stump, a new tree began to grow horizontally then curved upwards at



a 90° angle. More branches appeared, growing in different directions. Then I saw that two large, strong branches had been sawed off and amazingly, right where each had been severed, grew two smooth, strong new branches. They had grown straight upward, formed new branches and had borne fruit the previous summer. It was a thing of beauty and much food for thought as I continued my walk.

I mused on the resilience, indomitable strength and perseverance of that little tree and other plants and things of nature. I am an observer of nature and have witnessed trees clinging precariously to the sides of cliffs, as they are buffeted by winds and baked by the sun. I have seen various types of plants germinate and develop in the tiniest cracks in rocks. I witnessed a spider plant that had supposedly perished in a house fire send up new shoots and thrive.

As my feet crunched through the snow, two things came to mind: if the things of nature are so strong, resilient and unstoppable, and we humans are also children of Nature,

then we too must possess those same qualities. Maybe if my life journey is hindered or cut short by life's hardships or cruel acts of others, I must not stop, but find a new direction, have courage and strength, sometimes clinging precariously, but keep growing and transforming my experiences into something beautiful and useful.

The second thought that came to mind is: when we see people who are different, angry, sad, misshapen, we must wonder to ourselves "What crevasses have been cut across their paths? What winds have buffeted them? What cliffs have they clung to? What tiny little crack in a rock has been their environment?" Instead of judging harshly and evading them, think about what experiences and situations have formed them. Wonder about their strength, resilience, and wisdom.

That tree on the street is my Signal Tree, especially when life seems to be tossing me about and hindering my progress.

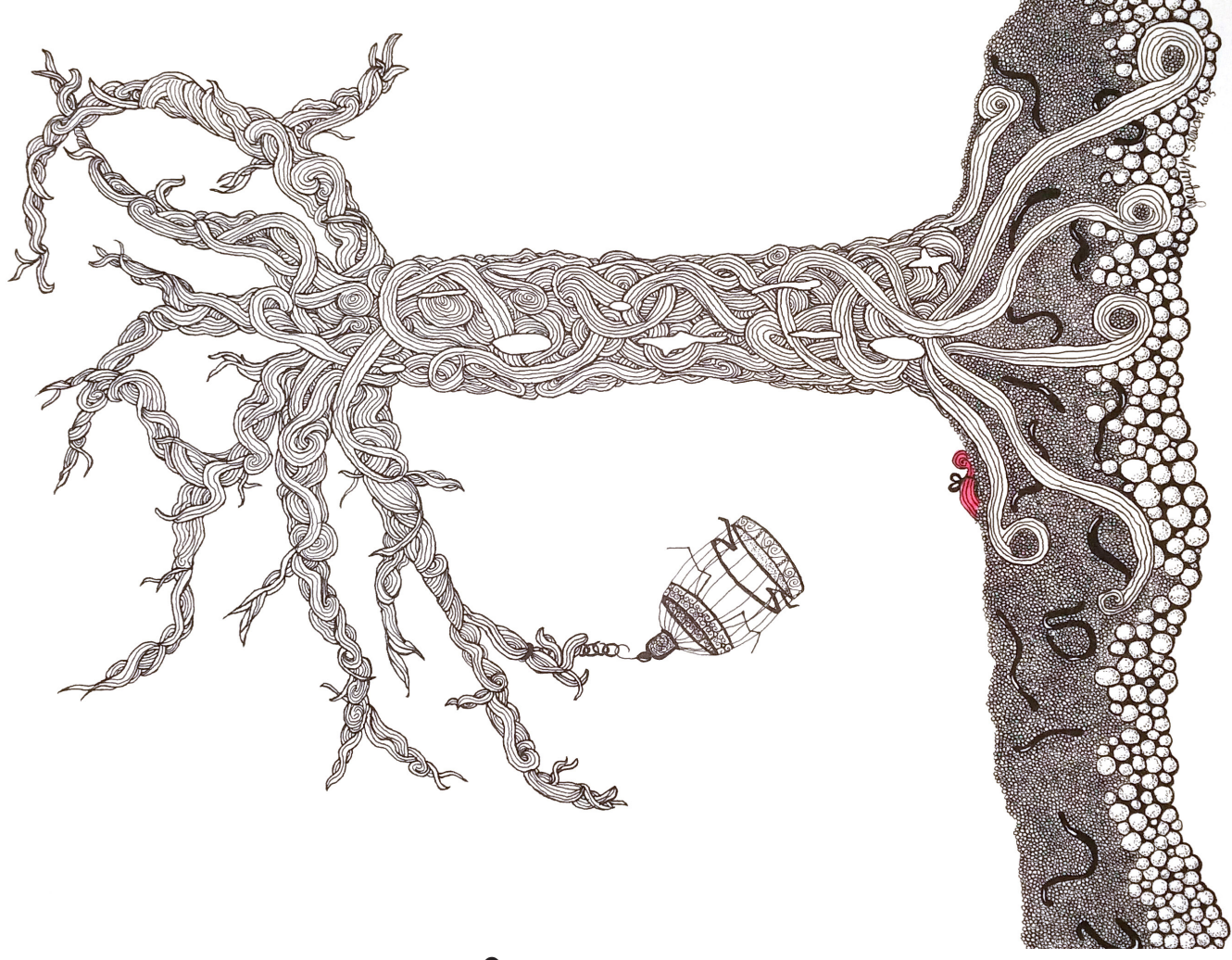
Think About It:

What do you think was once in the cage?

Would you keep anything caged up?

What do you think is going on in this picture?

Regarding the title, has telling the truth set you free?



Neighbourhood Souvenirs

The next time you return from a walk, write a list of the things you remember in point form, like “The road was busy. The sky was so blue”. Collect a souvenir from your walk and tape it in here, or draw an image you remember.



The Ladybug

by Marjolaine Brodeur

The ladybug crawls on my window
Seeking the nectar that may be found.
She may not find much for a wasp
Was there before; I shooed it away.
I didn't want more of her hive
feeding there.

The ladybug crawls on the panes
in circles round and round.

Intent on her quest
she ignores my interest
and crawls on the pane.
In circles round and round
seeking the nectar to be found
pleased by her day's gain.
A smile wreathes my face
slowing the day's quick pace.

Creativity and Wellness: Coping Strategies

“When I am having a difficult time I look toward mindfulness and painting and plain old doodling!”

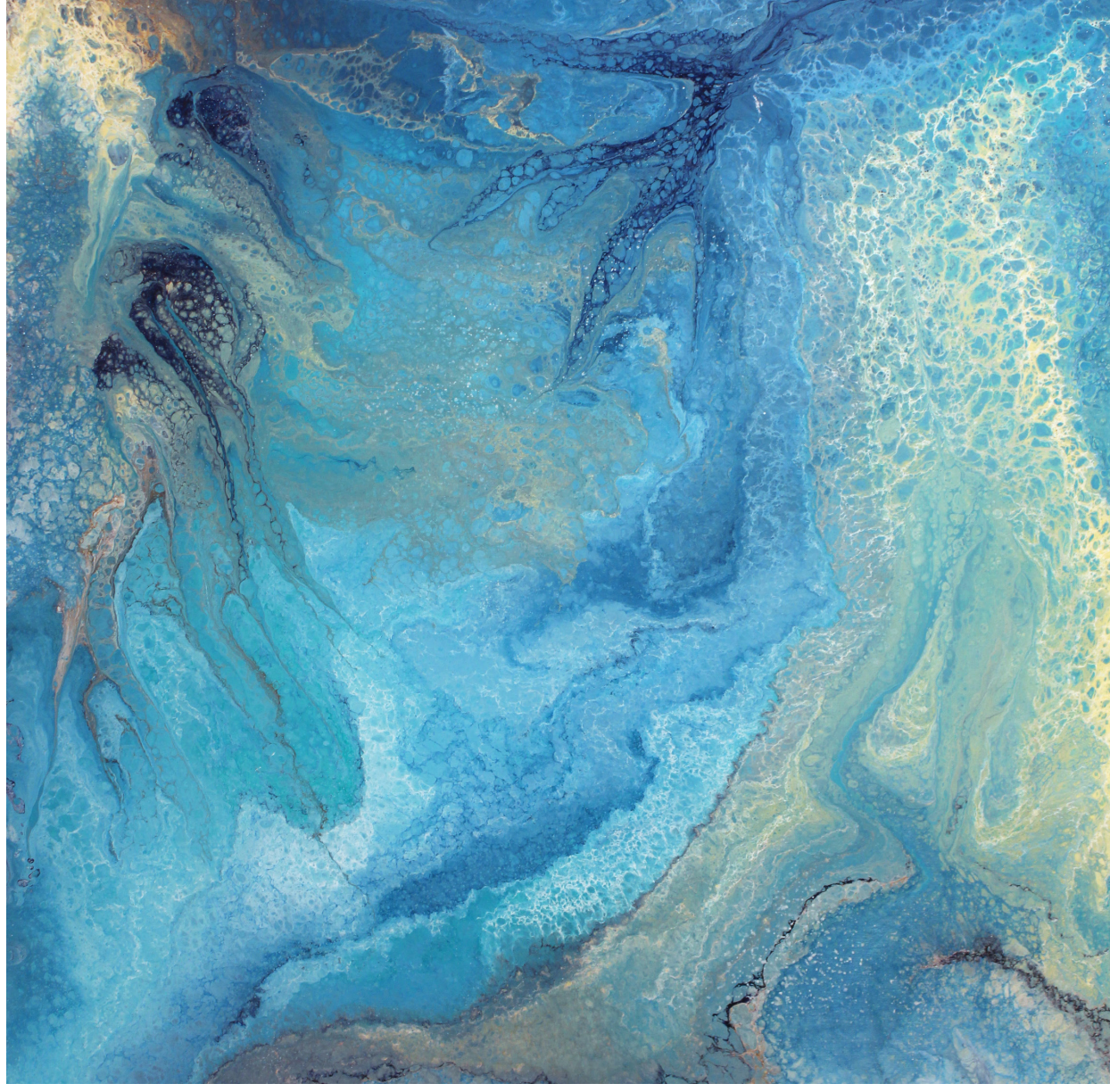
- Elaine

Think About It:

Many find blue hues to be quite calming and soothing. What kind of emotions come to you when you look at this painting?

Regarding the title, what do you think this is an image of? What does the surface look like?

Sometimes we have to dig deeper to see the beauty of what lies beneath the surface. Don't be afraid of what you may discover!



“Beneath the Surface” Roxane Nauboris, ebru

Ildiko Finds Hope in Art During Tough Times



We all can be passionate about something, there is a topic that is important to us. There are academic studies out there on everything. It takes a skillful mind to write these and a lot of patience to study them. Art works as a bridge, and creates a more peaceful, interesting, instant dialog. I feel that our art can reach a surprisingly wide audience, even if we are not aware of it.

“An intellectual says a simple thing in a hard way. An artist says a hard thing in a simple way.”

- Charles Bukowski

Rant Page

Writing down how you're feeling can be a great tool when you're feeling anxious or depressed. Unload all that is weighing you down so you can go on with your day not feeling stuck with all those overwhelming thoughts. If you need more space, write on another page and tape it in here!

What's Your Superpower?

We all have a superpower, big or small. What do other people look to you for? Write your power and draw your superhero logo or yourself in your superhero outfit below.

Creativity and Wellness: Coping Strategies

“When I am having a difficult day, I try to validate and accept myself, then I use a combination of positive self talk, gratitude, prayer and exercise. So I choose a mantra which is appropriate for how I feel (like “I am a strong, capable woman who can handle any situation” or “I love and approve of myself”), and write it down. I carry the mantra in my pocket and I do an exercise routine which is as rigorous as I can for my fitness level, and I look at the mantra or just feel it in my pocket throughout the day.”

- Terisa

A Breakup Letter to Fear

Write a letter to your greatest fear and tell it how you feel. Then tell your fear that it no longer needs to rule you and to go find another place to live. Use this page, or a bigger paper and tape it in here.



“Late Afternoon - Connaught Beach” Jamie Hogaboam, acrylic

Think About It:

What do you like best about the beach?

Do you prefer it full of beach-goers soaking up the sun,
or just you enjoying the sound of the waves crashing
against the rocks?

A Story From Elaine

Reaching out for help when I need it has helped me through a lot of rough times, and being able to talk things out has helped. Also taking course in mindfulness have helped me with living in the present and staying healthy. I have bipolar, and am able to keep on track with doctor visits, medication, and mindfulness.





A Quote Terisa Finds Uplifting:

“Just for today I will be unafraid. Especially, I will not be afraid to enjoy what is beautiful and to believe that as I give to the world, so the world will give to me.”

- Al-Anon, Just For Today





“Mind” Haeon Grace Kang, acrylic painting

Think About It:

We've all had days where our minds are so full, we just want to shake it all out.

What's fallen on the floor when you empty out your mind?

What thoughts would you like to keep?

Why are these thoughts more important than those you're willing to lose?

Connections

Write or draw all the ways you can feel connected to others.

Gratitude

Recognizing reasons to be grateful can be difficult, but it is a quick way to improve your mental health by giving you a positive outlook on life. Every time you visit this page, list something you're grateful for.

Every time you visit this page - add MORE to it!



“Renewal” Kathleen Crosby, acrylic

Think About It:

Do you see new growth in this picture?

What is renewal for you?

When was the last time you felt renewed?

Help! I'm Stressed!

Make a list of things that stress you out. Be honest with yourself. Then write the things you can do that are within your control. Next time you're stressed, focus on your new list.

What Stresses me out:

What is within my control:



A Story From Graeme: “Coping in Tough Times”

I am a writer and editor and because this requires hours of concentration each day, I work mostly in isolation. One way to get around this has been to go out to various cafes where I enjoy simply being around other people. It's a reminder that though my work is solitary, I don't have to be trapped at home.

During the pandemic, when I had nowhere to go, one thing that helped me get through was a daily walk around the blocks of my neighbourhood. I would eat an apple each time, and often see neighbours on their steps. A simple smile, wave, sometimes a bit of conversation — this was enough to give me a moment of connection, a reminder that we all are going through this together. It's become an anchor for my mental health to remember that working alone doesn't mean isolation, and meaningful connection can be small, but have big results.

Resiliency

by C. Fay Shlanda

Resiliency

Bouncing back

To have a flexibility

An ability to withstand adversity

Rearranging to accommodate the hardships of life

Trauma pricked, prodded, and poked at my buoyancy

My adaptability was tested, taunted, and tweaked

Triggers pulled, played, and plotted against my elasticity

Recovery was trying, traumatic, and tear inducing

Resiliency

To spring back

Having a pliability

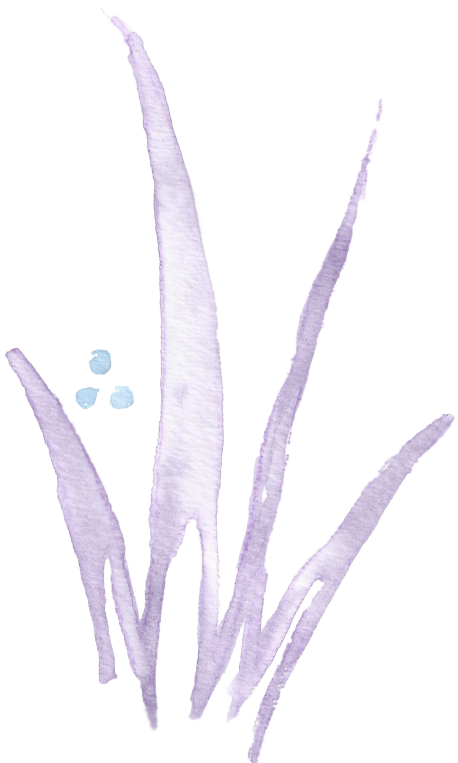
A certain give and take to survive

There is a hardness sharing space with my softness

A Quote That Makes Christine
Feel Less Alone:

“Keep walking through
the storm. Your rainbow
is waiting on the
other side.”

- Heather Stillufsen

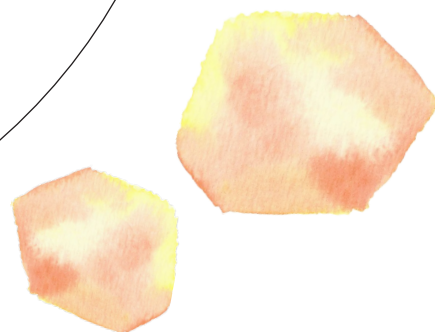
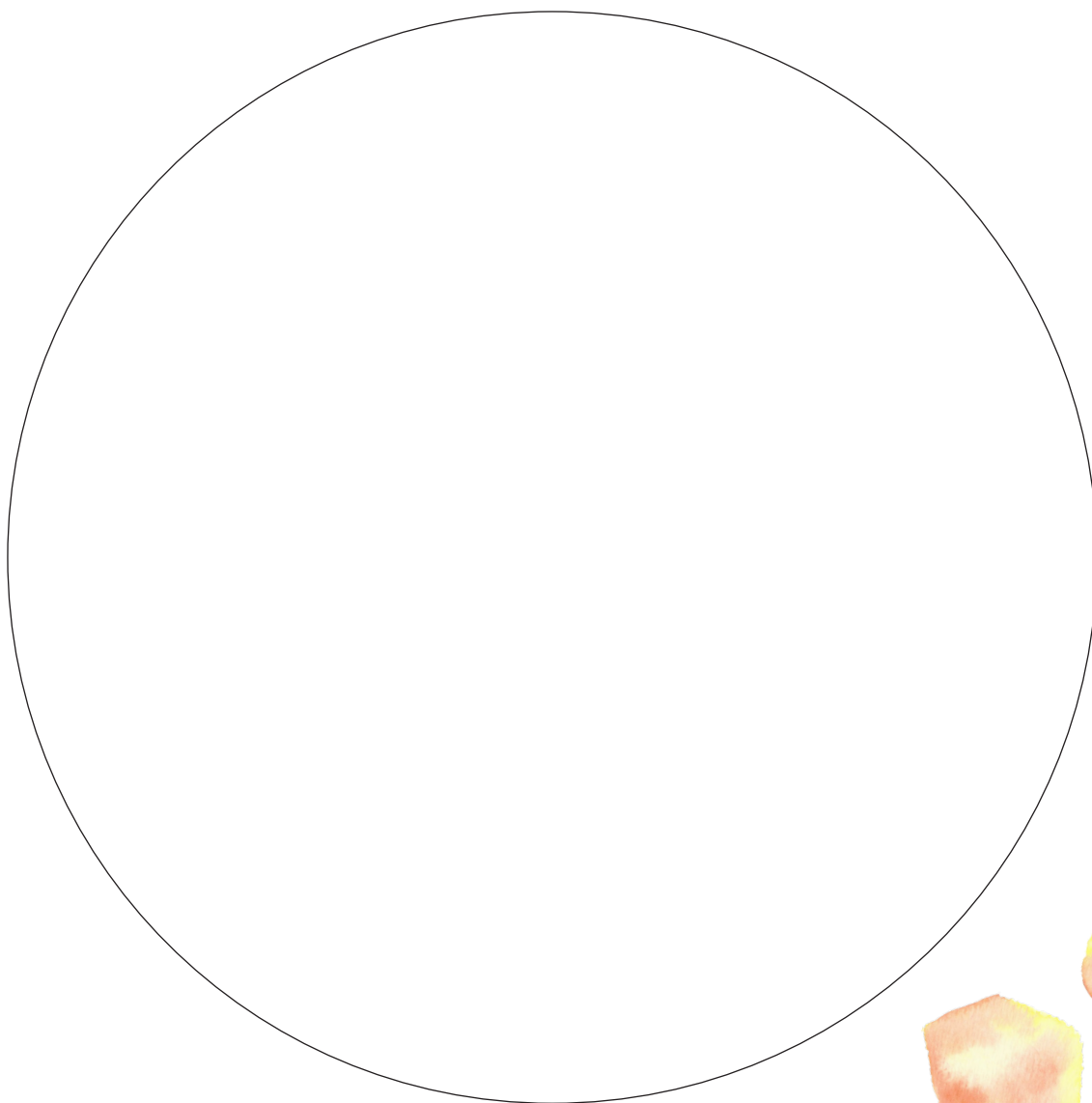




Colour Wheel of Emotions

Sometimes it's difficult to use words to explain our emotions. Have you ever thought about what colour happiness is? What about delight, comfort, fear, anger, or boredom? Divide this circle into sections (as many as you like) and choose some emotions you feel frequently.

Express those emotions in colours, drawings, doodles, etc! Need more space? Draw a circle on a larger piece of paper and tape it here once you're done!



Fears Vs Reality

Anxiety can change the way your mind processes reality. There is a tendency to overthink and even experience fear when there is no logical reason to. Many people may not even know how their anxiety is distorting their reality.

You can write down all your fears that cause negative feelings, then write a response to each. Think about if a friend was telling you that they have this fear – what advice would you give to them?

Creativity

by Cassandra Kulay

There is creativity in everything you see,
someone made it, sometimes loved it,
brought an idea to fruition with devotion.
Creativity urges us to grow, even when it
seems there is no way, expressing our
thoughts and feelings gives us a repertoire
of reaching, like a plant in soil, a tree
expanding its branches toward the sky,
we define ourselves and yearn for
conclusions, questions exist in the
background like a babbling brook,
forever renewing the thoughts we are
continually pursuing. Creativity circulates
amongst us, for some a religion, for some
an unconscious impulse, for some it is
just being, for some it is growing up, for
some it is a competition, for some pursuing
an art, for some it is having children, for

some meditation, for the observant, it is where philosophies are born. Creativity is the lifeblood of humanity, we may hate it or revere it but it always evokes a response, with creativity we are, we can, we do and don't, we think twice, to make it individualistic but when someone relates, we are together in being alone. When collective humanity comes calling, it is the greeting that we know. What to leave in and what to leave out, we struggle with decision, we are tormented by doubt. Creativity can be pragmatic or focus on the unknown, it can be mystic or reflect the patterns of everyday life. Wherever we go, creativity will guide us.

Creativity and Wellness: Coping Strategies

“My favourite activity is to look up pictures and illustrations. I enjoy looking at them, and usually one of them inspires me to ask the question - how would I depict this subject? So, I end up drawing or painting or using my digital tablet to get my own idea on the same subject.

This activity usually changes my mood from having an artistic block to change focus, to the joy of creation!”

- Ildiko

Sensory Journaling

Take your journal outside and find a comfy spot. Write or draw about what you see, hear, and feel.

Wouldn't you rather have the best

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Age

Wouldn't you rather have the best

Threaded other sergers

The more I go through in a day

the more they deplete

When illness hits hard they are at a premium

I struggle to conserve them for necessary activity

What frustration!

But Baby Lock is another story. QTS Needlepunch Embroidery Made Easy With *PIN-A-LOOP*

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HECK

Think About It:

This theory uses spoons as a concept of energy. It separates what you'd like to do versus what your condition says you can do for the day. Some days, you'll have less spoons to spend than other days, and it doesn't mean that the day is unproductive or a write-off. Celebrate everyday that you are able to collect and spend your 'spoons'!

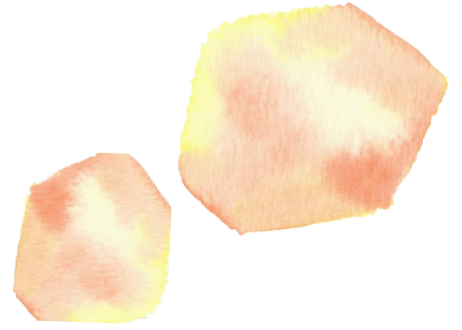
Sweet Smells

Write and draw about a favourite smell every time you visit this page. Describe how it makes you feel.

Every time you visit this page - add MORE to it!

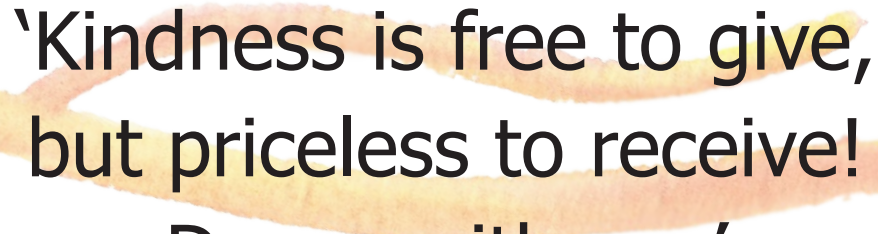
Rose Has Found Connection, and Many Lessons for Life, Through Her Dancing

I was inspired to learn ballroom dancing when my parents were dancing and practising it at home. My parents have been dancing for many years. I find ballroom dancing is a beautiful art form of dance. So, I decided to sign up for the lessons since I could not turn down a good deal for two on a discounted website. I invited my dad to be my dancing partner to take a beginner's level class at a ballroom dancing studio. My dancing instructor taught us Cha Cha, Rumba, Salsa, Waltz, and Jive to name a few. I am glad to have someone like my dad who can help me whenever I needed his help. I learned that whenever I dance, I need to listen carefully to the beat of the music to coordinate it with my footwork and follow the dancing partner's lead.



I think ballroom dancing is an excellent hobby to keep because it helps with my mental wellness and increases socialization. After my lessons finished, I joined several social events where dancing is allowed. I even travelled with my family on cruises where I did ballroom dancing in the evening. I wore a fancy outfit, my pair of dancing shoes that my dad bought, and some light makeup. I had a fun time. The people complimented me on my dancing.

I enjoy entertaining myself and others because I feel happy and less alone. I found this quote that says:



'Kindness is free to give,
but priceless to receive!
Dance with me.'

Think About It:

The day comes to a close and the light from the street brightens the sky. Take time to breathe in and breathe out; breathe in the quiet of the evening and breathe out to release tension. Deep breath in and deep breath out. Embrace the beauty of another day passing and the hope of what is to come tomorrow



“Suncor” Krissey Hall, photograph



Makes Me Happy

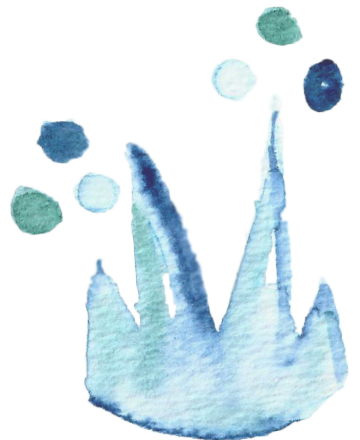
Fill this page with things that make you happy as words or drawings. Think about why each thing brings you joy!



Every time you visit this page - add **MORE** to it!

Tickle Your Funny Bone

What makes you laugh? Jot them down and explore why they make you laugh. Write down the details and then try and find the things that make you laugh in your environment.



A letter to Negative Thoughts

Write a letter to your negative thoughts. Picture them as an individual and really tell them why the relationship isn't working out. Use this page, or a bigger paper and tape it in here.

Many Talents

Every time you visit this page, add one (or more) things that you are good at!

Every time you visit this page - add MORE to it!

About Artbeat Studio

Artbeat Studio Inc. offers community-based, self-directed, peer-supported programming. It provides social supports, art studio and gallery space, and mentorship for individuals living with mental illness for the purpose of recovery and empowerment. We are committed to decreasing stigma and discrimination that coincides with mental illness and poverty.

Artbeat runs 3 sites in Winnipeg:

1. Artbeat Studio Residency program is mental health consumer initiated, peer-supported, and recovery-oriented. This community-based studio accommodates artists whose mental health, social connection, and income make it difficult for them to individually acquire a workspace to advance their artistic technique safely and securely. The artists are supported and mentored in managing their own workplace, production, and marketing within the operating parameters of the studio. Please visit artbeatstudio.ca/residency for more information.

2. Upbeat Artworks Gallery Boutique is a social enterprise that sells artworks by residency alumni as a continuation of their mental health wellness journey. You can find us at Portage Place Shopping Centre or online at upbeatartworks.ca.

3. Our Urban Arts Centre: Studio Central is open to the community for free drop-in art workshops and writers circle, volunteering, and connecting with community. It is located on the second floor of 444 Kennedy Street (buzz 201).

Check out artbeatstudio.ca/programming_updates for the opening hours and online upload schedule, or give us a call at 204-943-8290.

You can get in touch with us at contact@artbeatstudio.ca or 204-943-5194, or find us on social media!

Connect with Us Online!

Artbeat Studio:

facebook.com/artbeatstudio1

Instagram: @artbeatstudio

Twitter: @ArtbeatStudio

Studio Central:

facebook.com/StudioCentral1

Instagram: @Studiocentral1

Upbeat Artworks:

Instagram: @upbeatartworks

YouTube Channel:

Artbeat Creative Community

Kaleidoscope Poetry:

kaleidoscopeonline.ca

24/7 Hotlines

Crisis Response Centre: 204-940-1781
(Over the Phone Support and Mobile Crisis Service)

Youth Mobile Crisis Service: 204-949-4777

Hope for Wellness Line: 1-855-242-3310
(Indigenous Counseling and Crisis)

Willow Place: 204-615-0311
(Women's Shelter Services and Counseling)

Klinic Crisis Line: 204-786-8686

Sexual Assault Crisis Line (Klinic) 204-786-8631

Domestic or Family Violence Manitoba Line
1-877-977-0007

Manitoba Suicide Line: 1-877-435-7170
(Prevention and Support)

Manitoba Mental Health Resources

Community Supports

Street Connections – Harm Reduction/Safe Drug Use 204-981-0742

Whole Action Recovery Peer Support (WHARPS) 204-772-1037

Eating Disorder Prevention and Recovery 204-947-2422 ext. 137

Addictions Foundation of Manitoba 204-944-6200 or 1-866-638-2561

Alcoholics Anonymous 204-942-0126

Narcotics Anonymous 204-981-1730

Seniors Abuse Support Line 9am-5pm 1-888-896-7183

Ikwe-Widdjiitiwin Women's Crisis Centre: 1-800-362-3344

Manitoba Mental Health Resources

Seneca Warm Line: 204-942-9276

Anxiety Disorders Associations of Manitoba 204-925-0600

Mood Disorders Association of Manitoba 204-786-0987

Manitoba Schizophrenia Society 204-786-1616

Obsessive Compulsive Disorder Centre Manitoba Inc. 204-942-3331

Clubhouse Winnipeg: (204) 783-9400

Independent Living Resource Centre 204-947-0194

Harvest Manitoba New Clients: 204-982-3671
(Returning Clients: 204-982-3660)

Manitoba Mental Health Resources

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