Watercolor can make people tearful or frustrated due to its fluid, hard-to-control properties. Head or neck movements and movements that challenge balance can cause additional destabilization when senses are already overwhelmed.

Music can elicit intense emotions in unexpected ways—even music that used to be pleasurable. Crisis changes context, therefore topics that previously brought joy, like family, might now trigger thoughts of fear for a family member’s health and wellbeing.

Arts groups or prompts that tell people to “express themselves” during this time may invite painful or difficult content that is more suitable for therapy.

**CONSIDERATIONS FOR ARTS FACILITATION DURING CRISIS AND UNCERTAINTY**

**Intentional design and implementation of arts programs and practices can help people find a zone of resilience.**

- Relaxation
- Skill building, mastery, and competence
- Cultivating routine and ritual
- Focus on presence, mindfulness, and grounding
- Self-compassion
- Gratitude
- Inspiration and hope
- Empowerment through repurposing and up-cycling
- Connecting to community

**ENGAGE IN SAFE AND EFFECTIVE ARTS PRACTICES BY FRAMING PROGRAMS & ACTIVITIES AROUND THESE RESILIENCY-BUILDING GOALS THAT WILL SUPPORT HEALTH & WELLBEING DURING UNCERTAIN TIMES**

**Participant-led engagement is the best-practice.**

**Did You Know?**

- Watercolor can make people tearful or frustrated due to its fluid, hard-to-control properties.
- Head or neck movements and movements that challenge balance can cause additional destabilization when senses are already overwhelmed.
- Music can elicit intense emotions in unexpected ways—even music that used to be pleasurable.
- Crisis changes context, therefore topics that previously brought joy, like family, might now trigger thoughts of fear for a family member’s health and wellbeing.
- Arts groups or prompts that tell people to “express themselves” during this time may invite painful or difficult content that is more suitable for therapy.

**ENGAGE IN SAFE AND EFFECTIVE ARTS PRACTICES**

- **STABILITY & SAFETY**
  - **CALM THE NERVOUS SYSTEM**
  - **CONNECT WITH OTHERS**
  - **BELIEF IN SELF-EFFICACY**
  - **GRATITUDE & MEANING**

Use these themes and approaches to protect participants’ and facilitators’ emotional & physical safety:

**Themes and topics:**

- Relaxation
- Skill building, mastery, and competence
- Cultivating routine and ritual
- Focus on presence, mindfulness, and grounding
- Self-compassion
- Gratitude
- Inspiration and hope
- Empowerment through repurposing and up-cycling
- Connecting to community

**Approaches to facilitation:**

- Offer choices within each activity
- Allow an opt-out at any time
- Keep things simple and clear
- Utilize creativity mindsets as artists’ strengths
- Look to the lessons artists from the past can teach
- Reframe what “isolation” means for artists who retreat to do creative work
- Use the arts to build and strengthen community
- Remember, we all need grace during this time

**LEARN INTO CROSS-SECTOR COLLABORATIONS IN TIMES OF EXTREME STRESS. PARTNER AND CONSULT WITH LOCAL CREATIVE ARTS THERAPISTS & MENTAL HEALTH PROFESSIONALS.**

Center for ARTS IN MEDICINE

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