

ART AND WELLBEING 2021

Last year 2021, Art for Wellbeing sessions, led by Manjuben and Vinita have helped people to discover their hidden talent, by providing support and showing simple techniques to produce their art work. Many of the participants had either never painted before or hadn't picked up a painting brush since their schooldays. These sessions helped them to learn, focus and practice mindfulness in their daily busy lives.

These are some of the tips which were shared during these sessions:

"Art is a natural way to practice mindfulness. The colours, textures and sounds of creating, pull us into the moment. You don't need any previous training to meditate through art, just a willingness to draw like a child, with freedom and a sense of curiosity."

Reminders- when you don't feel too good

- Get up. Get dressed. Get moving. Get outside in the fresh air.
- Accept what you feel. Accept you won't feel like this for ever
- Know that you have some control, even if it is only over your breath
- Remember how many times fear has lied to you
- Do something you enjoy, even if maybe today you cant enjoy it. That's OK
- Remember this is a world where you will enjoy it again. Give it time
- Do things that help you. Be MINDFUL of what these are.

If you have unhelpful feelings

- Feel all the feelings
- Acknowledge them
- Don't resist them, fight them or repress them
 - They will PASS
- Talk about your unhelpful feelings.
- Get help if they persist and begin to affect your health and wellbeing.

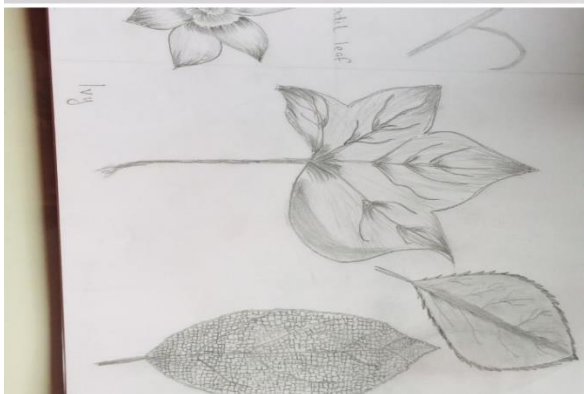
The regular attendees really enjoyed these sessions, following are some of the messages from them and some examples of their Art work, which proves that nothing is impossible. Anything is achievable if you put your mind to it. Some participants discovered the artist within them and felt very proud with what they have achieved during the sessions.

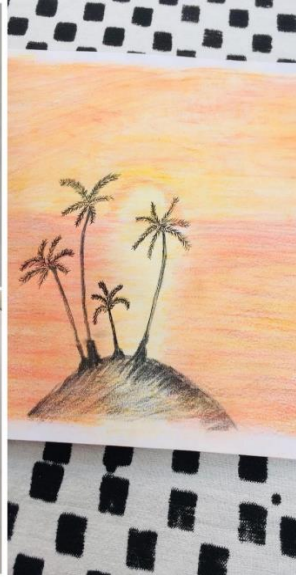
- **Drawing pictures made me concentrate on the drawing and nothing else. Also, the tips I have picked up have been really helpful.**
- **These sessions are inspirational, motivational and have given me some brilliant techniques. It gets harder but practice will make it better. I just love them and the mindfulness opens your mind to see things differently. My mind is in the laptop working during the day and Netflix at night. The Sessions lifts my spirits and a change to my days. Thank you.**
- **I really enjoyed the session. Even though it was basic, you taught me a few things that I never knew in drawing. Your tips are actually really clever. My shading method was completely different to yours. I always did dark to light. Today you taught completely the other way. Even though I did not do it well during the session, I still felt proud of what I achieved.**

- I have been practicing drawing. I did lot of erasing and trying again and again, but enjoying it. Thank you so much for all your tips.

And these are the wonderful drawings and paintings shared by our participants and couple of them still spend their “me” time creating wonderful paintings. Some have saved money by not buying cards and producing much personalised cards for friends and family.

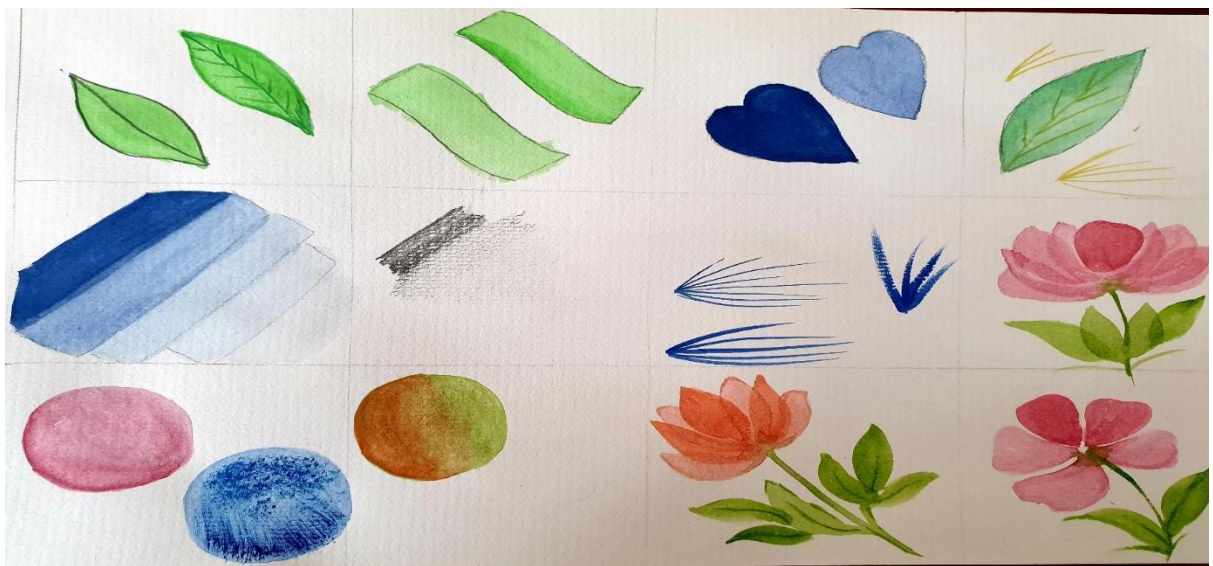
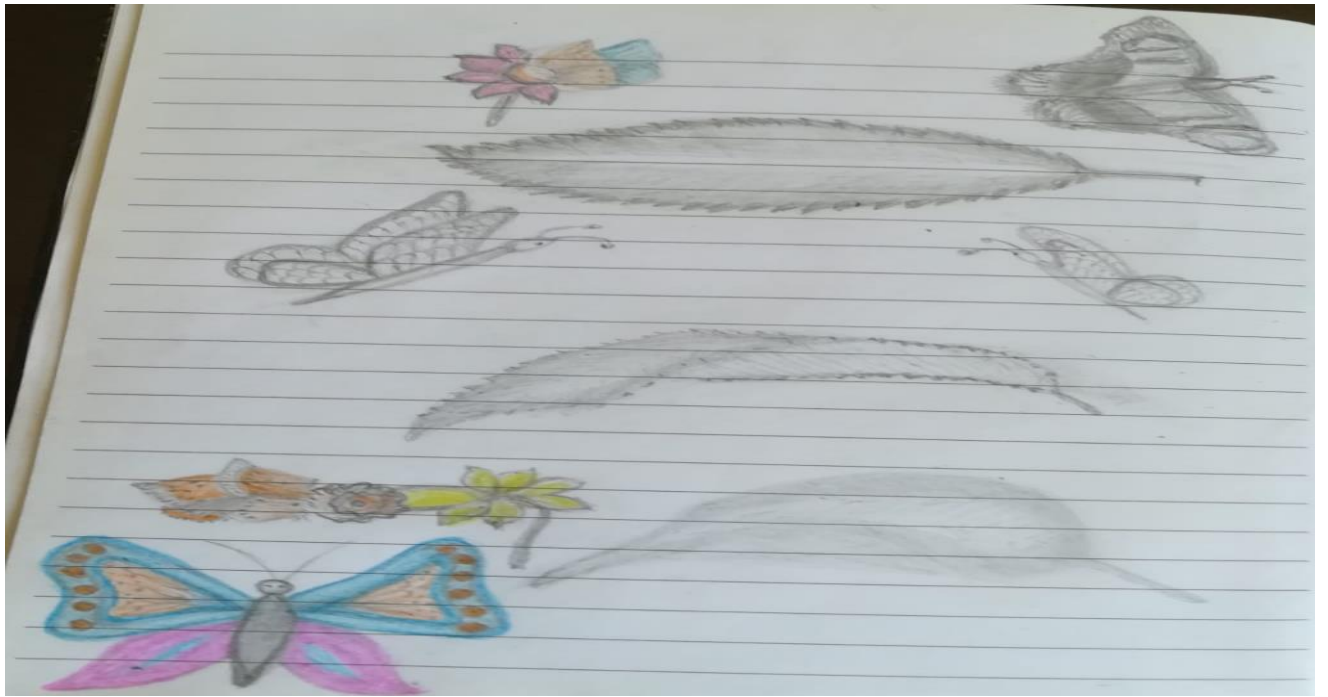


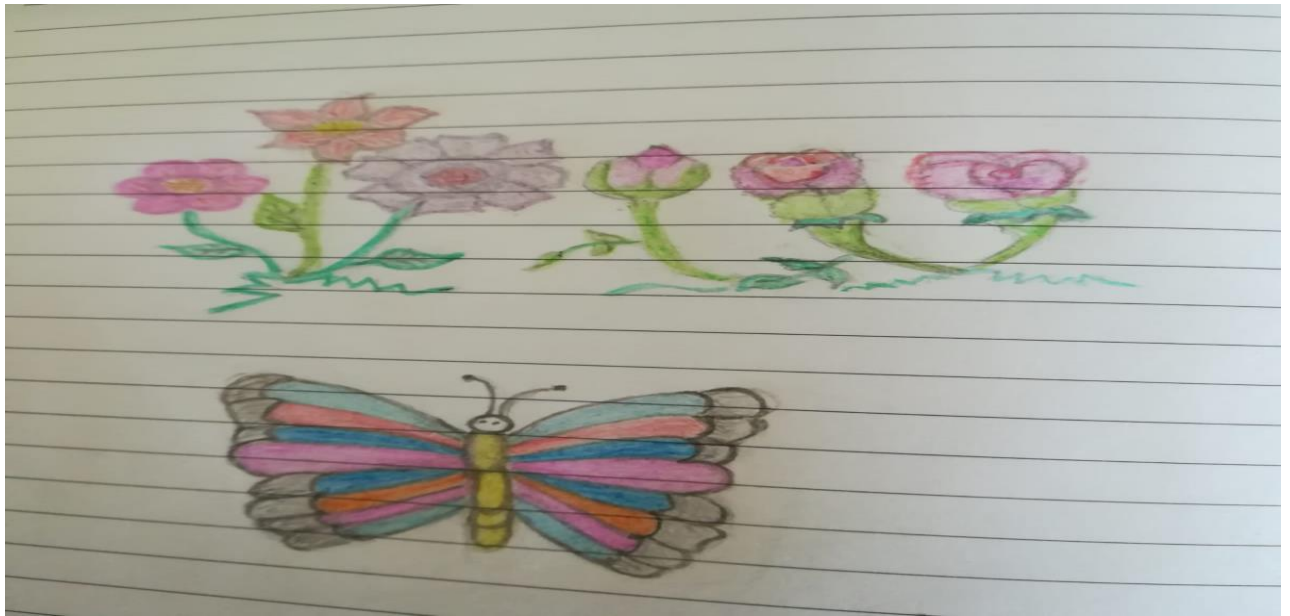














Inspired by the classes some have continued painting- examples of some of the work

