



“Art as Medicine”

Big Island artist Ken Sharon is pictured in front of his two paintings. Dutch artist, Vincent van Gogh suffered from mental illness. He committed his life to art it gave his life purpose. Artist Frida Kahlo used her art as a way of dealing with physical pain resulting from a debilitating accident. Her artwork gave her a way to express that pain and make something of her life. These two famous artists have inspired many people and exemplify the art of thriving.

Facilitators

Nidhi Chabora

Psychiatric Nurse Practitioner/Therapist

Paula Vickery

Psychiatric Nurse Practitioner/Therapist

NJ Moses

Art Educator

RRR Schedule

Once a Month
Saturdays
1-3pm
Venue TBA
Refreshments included

Tuition compliments of **Eileen O’Hara**,
Council Member
Hawaii County District 4

Program includes participant workbook, art supplies, and certificates of workshop completion.

Self Discovery Through Art ©



SDTA is a nonprofit with a mission. Created by Nidhi Chabora, & NJ Moses, and actively supported by a board of local artists, business leaders and therapists.

Nurturing and strengthening the mental health of all people using "Art as Medicine".

122 Haili Street Suite 07
Hilo, HI 96720

www.selfdiscoverythroughart.org/

“Bouncing Back”

Your Guide to Resilience Using Art as Medicine



Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain." —Vivian Greene

"Do you feel stuck, discouraged and ready to give up?"

The **Recovery Resilience & ReCreation** program will provide you with practical information about Resilience Factors and Skills. Simple interactive hands-on art activities are designed to reinforce and show the Resilience concepts in visual form to enhance learning.



RRR OBJECTIVES

Define: Resilience is the process of adapting well in the face of adversity, or significant source of stress. It means "Bouncing back". This active re-engagement in life is called Recovery. Resilience is the bridge from Recovery to ReCreation of a life worth living.

Discuss: RRR concepts and discover power of choice in building resilience

Design: RRR concepts and skills in visual form

Integrate: RRR into practice to minimize feelings of hopelessness and strengthen resilience

This program will guide you to a higher quality of life.



Some people see paint, others see HOPE!

This program is designed especially for individuals and communities who are facing challenges and seeking to become thrivers.



RRR OVERVIEW

Recovery 4 Dimensions: Home Health Purpose Community

Resilience 10 Resilience Factors and Skills- *Optimism & Gratitude, Social Supports, Role Models, Physical Activity, Integrity & Altruism, Facing Fear, Faith & Spirituality, Humor, Forgiveness, Mission & Meaning*

ReCreation Thriving C's- Building a life worth living as evidenced by Compassion for ourselves and others when facing challenges, remaining Connected to our feelings and being open to the feelings of others and by Contributing in small and large ways to something bigger than ourselves.

Design Participants will create build or make art work with the intent of better understanding RRR concepts.

Reinforce program concepts to strengthen resilience skills using the "Art as Medicine" Rx.

"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style" –Maya Angelou