



THE ARTS OF SELF-CARE WORKSHOP

Self-Care is an essential practice that needs to be emphasized more. Mounting pressures caused by COVID-10 alongside the 21st century work and school environments, rising violence, poverty and isolation, devotion to the self is also indispensable and not to be ignored. **Ultimately, how we treat ourselves impacts ourselves and those around us.**

To remediate this, BuildaBridge International offers an arts-based approach to self-care. The session incorporates BuildaBridge's Safe Spaces Model and self-care practices as well as current neurological, biological and psychological brain theory.

Participants engage the topic of self-care through facilitated experiential learning. Various mediums of art-making are explored and geared for use outside of the workshop. These experiences alongside dialogue open participants up to accessible and achievable strategies to maintain self-care in and around challenging environments. **Participants will develop personal strategies for self-care and tools to share within their communities and networks.**

The program takes place as a webinar or in person and runs for two hours. Every participant receives a BuildaBridge Self-Care Kit to accompany the workshop.

**Self-care is not an option.
It is essential to wellbeing.**

• ASSESSES

- **Hopefulness**
- **Self-Care practice**
- **Personal growth**

• BIG IDEAS

- **Validation to put oneself first**
- **The importance of self-care**
- **Self-Care Tool Box**

• OBJECTIVES

- **Teach ABCs of self-care**
- **Teach 4 Ms of self-care**
- **Self-Care activities**
 - **Breathing**
 - **Movement**
 - **Visual Arts**
 - **Creative Writing**
 - **Singing**
- **Fill the Self-Care Tool Kit**
- **Create Safety/Self-Care Plan**

• OUTCOMES

- **Define ABCs & 4 Ms of self-care**
- **Build Self-Care Tool Kit and Safety Plan**
- **Understand the importance of routine and the need for novelty**
- **Understand how the expressive arts assist self-care from a psychological & and biological perspective**
- **Understand how the expressive arts assist self-care from the intrinsic perspective**



205 West Tulpehocken St, Philadelphia, PA 19144
info@buildabridge.org | 215.842.0428