

Teaap.

Everyone deserves a little couch-time.



Monthly Wellness Seminar

Art Therapy: Managing Persistent Stress Through Creative Intervention

Presented By:
Morgan Sokhi M.S., LPC

ART AS THERAPY

Managing Persistent Stress
Through Creative Intervention



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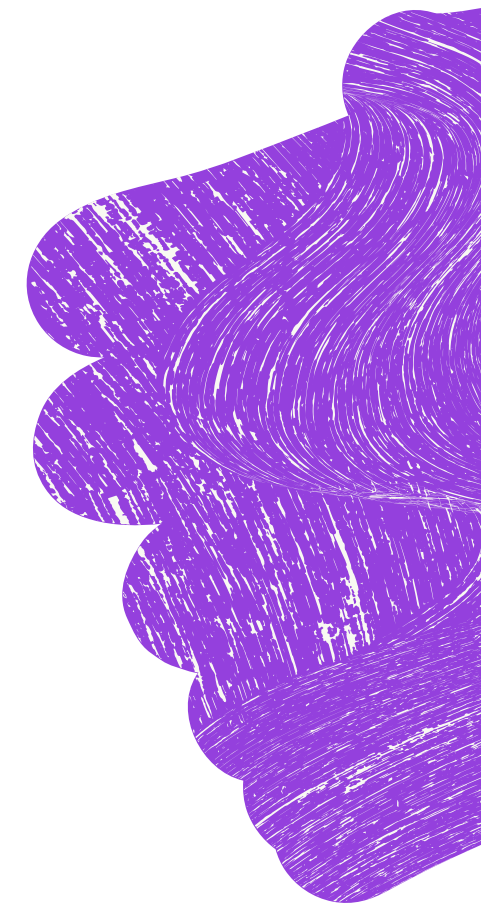



MEET YOUR PRESENTER

Morgan Sokhi M.S., LPC

Working as a counselor for 5
Years with focus in:

- o Mindfulness based counseling strategies
- o Grief & bereavement
- o Individual, Couples, & Adolescent Therapy






Why Does This Matter?

Finding what works for us...

Learning your method of coping with compounding and consistent stress is not just something we “should do”. It is a method of survival. Trying new activities, being creative, and staying curious are how we bring joy to our lives.



Why Are We Here?

We're here to help you in trying something new, to learn about
yourself,
And most importantly, have fun!



INTRODUCTION TO ART THERAPY

What is Art Therapy?

Art therapy is a mental health profession that enriches the lives of individuals, families, and communities through active art-making, creative process, applied psychological theory, and human experience within a psychotherapeutic relationship.





**What as your favorite extracurricular
as a child/teen?**



WHY ART AS THERAPY?

The Process: the proof is in the pudding...

“Art therapy and engagement with the arts have been shown to reduce symptoms of depression and anxiety, ease pain, help people heal from trauma, protect against cognitive decline, and enhance social cohesion, among other benefits.”



THE BENEFITS OF

ART

While art can provide instant relief from some stress or anxiety there are long term benefits, such as...

- **Emotional Expression**
- **Stress Relief**
- **Self-Discovery**
- **Healing From Trauma**
- **Gaining A Coping Strategy**
- **Gaining A Hobby**
- **Gaining Insight into Self**
- **A Tool To Connect With Others**





WHO CAN BENEFIT FROM USING ART AS THERAPY?

Children and Teens

- Gaining coping strategies
- assist in processing transitions in life
- processing stress and trauma

Individuals with Disabilities

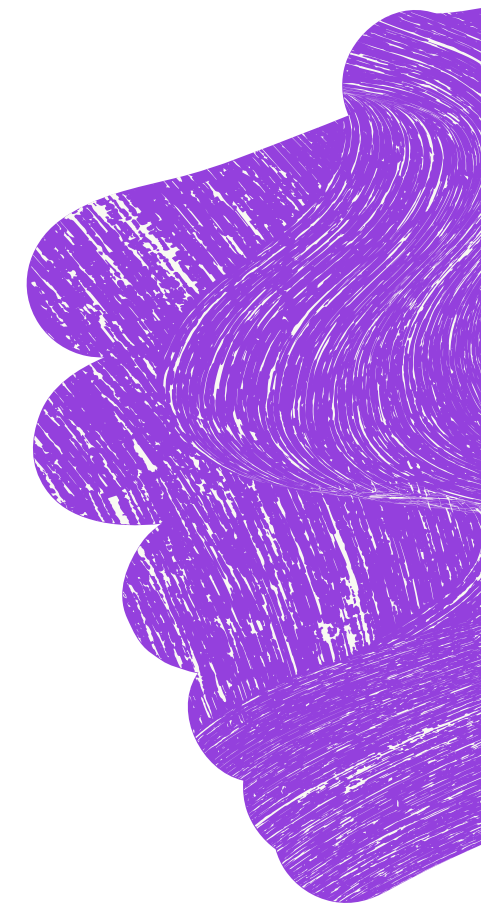
- fostering connections with others
- gaining coping strategies
- emotional regulation
- finding a hobby
- Finding and learning a sense of independence

Seniors

- connecting with people across the life span
- improve cognitive function
- gain purpose and belonging
- Finding a sense of independence

Adults

- cope with daily and traumatic stress
- finding a hobby
- processing stressful events
- emotional regulation



ART AS THERAPY ACTIVITIES

- **Drawing and Painting**
- **Sculpting and Clay Work**
- **Collage Making**
- **Mindful Art Making**
- **photography**
- **Junk Journaling**
- **Simple print making**





**What creative activity do
you like to do?**

ART THERAPY

FOR STRESS RELIEF

Utilizing art as a means to stress relief assists the brain and body to regulate emotions through sublimation.

Utilizing art as a method to relax, process difficult emotions, and manage stress allows the brain and body to release “happy hormones” that aid in the reduction of “stress hormones.”



ART AS THERAPY

IN PRACTICE

SIMPLE PRINT MAKING WITH IMPRESSION STAMPS

Printmaking and stamps are easy and fast methods for documenting and making art.

Using your kneaded eraser, knead and squish the eraser until soft and pliable. Search for items, surfaces, or textures you can impress your eraser on. Press firmly to take the impression, then use your washable ink pad/pads to pigment it.

Stamp your impression onto your journal or medium you're using.

Take time to find 5-10 impressions and create a collage of textures and images.

For those who do not have items for impressions, draw/journal items with the textures you would like to take impressions of. Or journal a reflection of your day.



LETS RUN THAT BACK

PAINTING WITH WATER

Using water to create an image to practice mindfulness, utilizing the art of letting go.

Using your small paintbrush, dip it in water. Take your brush and draw a shape onto your paper, or draw an image. Keep your image wet by dabbing water with your brush. Once your image is complete, use your brush and dip it into your pigment of choice (food coloring, ink, or watercolor) to drop droplets of color onto your image.

Take 15 minutes to practice making a few images.

For those without materials, practice drawing a mandala.

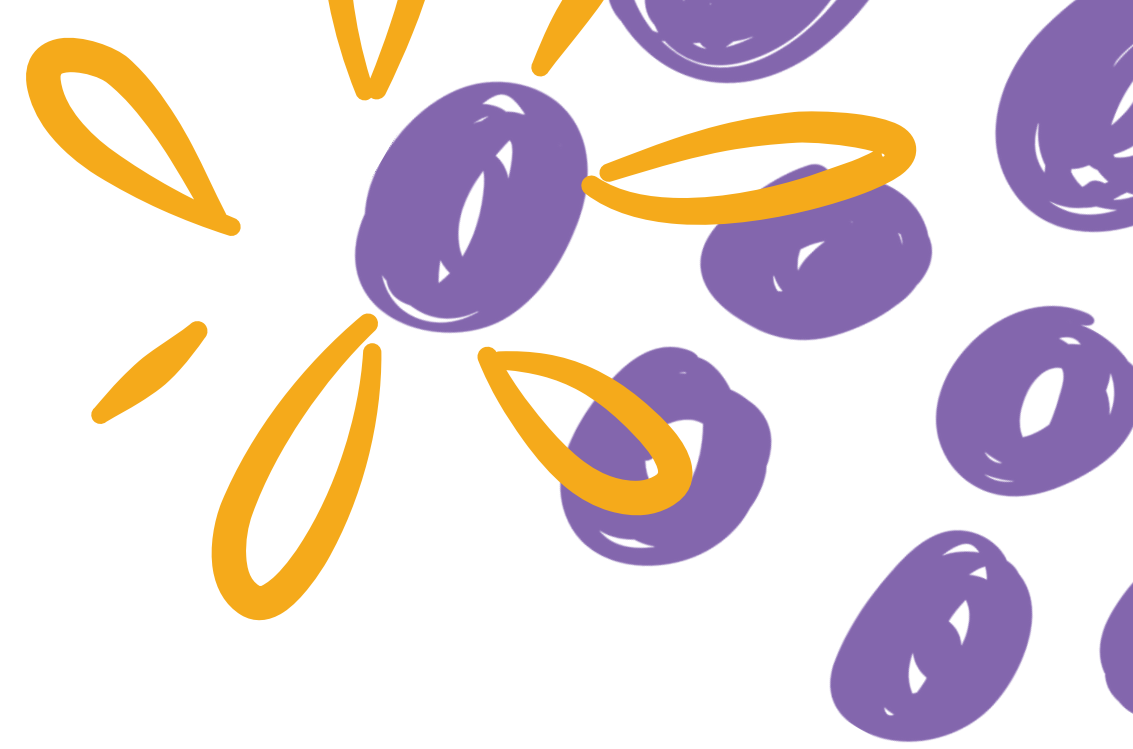
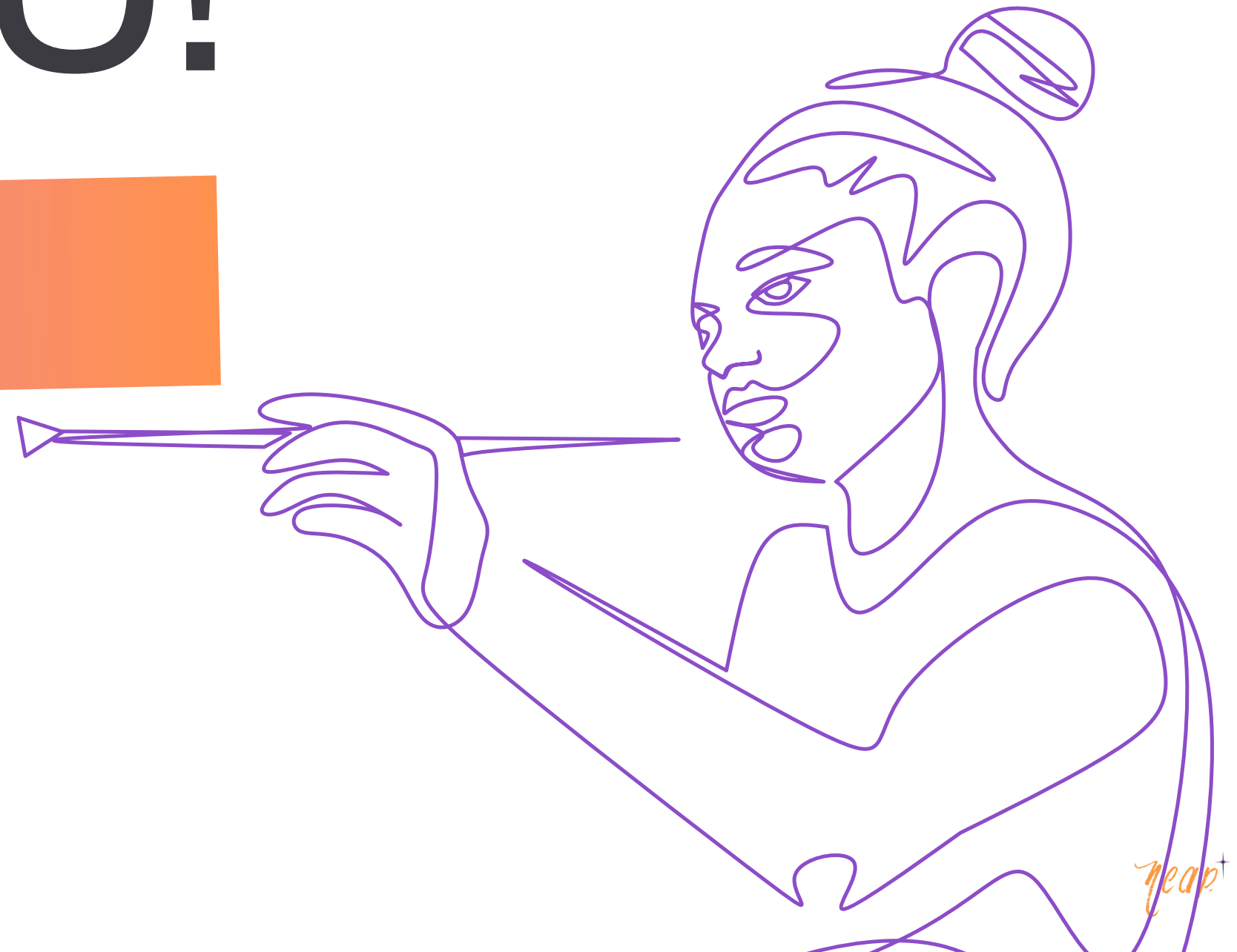


A large, textured purple brushstroke shape that serves as a background for the main text.

THANK YOU!

A horizontal bar with a gradient from purple on the left to orange on the right, containing the presenter's name and title.

Presented By: Morgan Sokhi
M.S.,LPC



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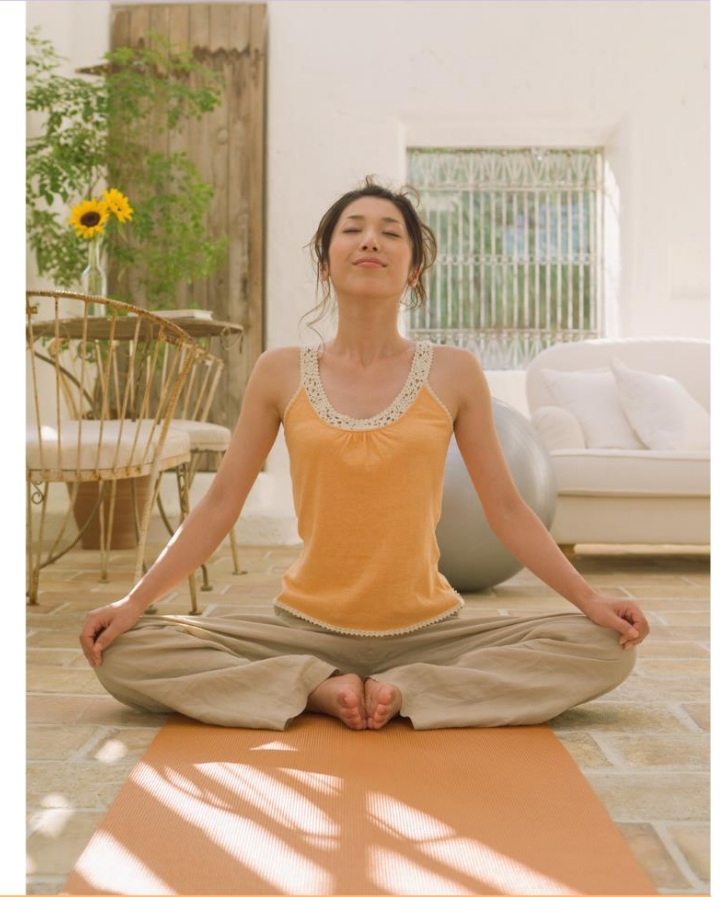
EAP Benefit Spotlight

Resources For Total Wellbeing

AWARE: A MINDFULNESS PROGRAM

FEATURES:

- Six telephonic sessions with an Aware specialist who is trained in mindfulness.
- An individualized practice plan, tailored to your needs.
- Opportunity to experience and learn mindfulness exercises within each scheduled session.
- Electronic resources such as a practice plan journal, guided practice exercises and an additional resource guide.



The Aware mindfulness program helps you learn to meaningfully engage in the present moment. It offers a research-based approach to stress management, which is derived from some of the world's leading experts in the field.

A specially trained Aware specialist will guide you through a step-by-step process to learn the skills you need to reduce stress, emphasize the present, establish greater mind-body balance and increase overall wellbeing.

TOLL-FREE: 866-212-6096

WEBSITE: <https://neelyeap.helpwhereyouare.com>

COMPANY CODE: XXXX



ART THERAPY:

MANAGING PERSISTENT STRESS THROUGH CREATIVE INTERVENTION

LET'S TAKE A PAINT BREAK

Use Water To Create

- First gather your available supplies.
- Use your paint brush (or whatever you have) and using the water, practice creating images on your piece of cardstock or paper.
- Keep your selected image wet by dapping your brush (not soaked but having the lines visibly wet).
- Once you're done creating, dip lightly into your pigment of choice.
- Add droplets of color onto your image and see what happens!

Things To Remember

- Art creates a healthy outlet for stress, emotions, and mental overload.
- Creativity helps regulate the nervous system and improve emotional balance.
- Using art does not require talent, the process matters more than the outcome.
- Creative activities can become long-term coping strategies and self-care tools.
- Small moments of creativity can build resilience, mindfulness, and joy over time.

THINGS YOU'LL NEED

Supplies:

1. Cup of water
2. Cardstock (paper)
3. Paint brush
4. Water color paints

Alternatives:

1. Use your fingers!
2. Makeup brush (you don't mind getting using on paper)
3. Ink/Ink pad
4. Food coloring
5. Toothpick (to add food coloring)
6. Fruit (berries work very well)
7. Salt (texture)

"It's about the process in general, just being able to try something different, unwind, and actually doing stuff that's different. Helps build new neural pathways and helps keep your brain sharp."

– **Morgan Sokhi, LPC**