

Share Your Well-Being Boosting Passion

Well-Being Week in Law 2024 | Friday, May 10

How legal professionals invest their non-work time and energy can have a big impact on their mental health and work engagement. But many feel so busy and tired from work, that their non-work activities dwindle. The aim of this program is to provide inspiration, guidance, and resources to try out new, well-being-boosting activities outside work.

Session leaders will:

- Share activities they do to disconnect from work, revitalize their energy, stave off burnout, and feed their soul.
- Explain how they fit their passion into their busy lives.
- Provide tips and resources for trying out the activity.

Linking Nonwork Passions to Well-Being

Nearly all the *Share Your Passion* sessions involve some form of creativity. Creativity supports mental health and fuller, happier lives and can help stressed-out lawyers relax, recover from stress, and rejuvenate.

Everyday Creativity

The positive effects of creativity aren't tied to specific activities or to any special talent. It's the [creative process](#) that appears to be most important for our well-being and positive psychological development (Silvia et al., 2014). For example, a [2018 study](#) found that people who identified themselves as "Makers" tended to be happier and more likely to have indicators of psychological health, such as less rumination and excessive self-focus (Collier & Wayment, 2018). This study involved everyday creativity like domestic activities (e.g., baking, cooking, gardening, scrapbooking) and arts and crafts (photography, quilting, drawing, painting, sewing, jewelry-making, knitting, crochet, ceramics, computer graphics).

Pathways Between Creativity & Well-Being

Creativity connects to well-being through multiple pathways:

- Sparks positive emotions.
- Generates the mental state of flow.
- Connects us with other people and aids a sense of belonging.
- Enables self-expression.
- Promotes a sense of meaning.
- Helps us relax and detach from work.
- Provides positive challenge & experiences of mastery and accomplishment.
- Builds self-awareness.

SESSION #6: ART JOURNALING



DESCRIPTION

45 Minutes: Friday, May 10, 2:00 pm ET-2:45 pm ET

Speaker: Koriambanya (Kori) Carew

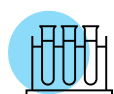
Among the many ways that Kori expresses her passion for creativity and art—e.g., dancing, singing, painting, mixed media art, cooking, crochet—is through art journaling. Art journaling is a visual diary on loose paper or in a bound journal where the focus is on self-expression and not on the result or perfection. It is free form and offers a lot of flexibility for leaning into a creative practice with limited space. Art Journaling offers the benefits of engaging in artistic expression—e.g., loosening up, freeing the brain from overthinking, finding solace, documenting feelings and thoughts—on a scale that is more manageable for many people. The useable space is smaller (and so less daunting) and art journals are portable. For Kori, working with her hands allows her brain to rest from non-stop thinking. It has a calming and meditative. Art is therapeutic.

In this session, Kori will discuss what Art Journaling is and the various forms and formats it can take and will invite you to practice together. The goal is for you to feel empowered to try something on your own that incorporates your interests and talents.

What to bring to the live program:

For our live program, we will create something that reflects you and where you are right now. Please bring the following to participate in the activity:

- A journal, notebook, or piece of paper.
- Your preference for adding color—e.g., paint and brushes, paint pens, coloring pencils, etc. If you plan to use paint, remember you will need to think of drying time in between stages.
- Cutouts of images that appeal to you right now.
- Cutouts of words that mean something to you.



SCIENCE

Link Between Art-Making & Well-Being

Art-making studies have found that drawing, painting, coloring shapes, clay-modeling, and collage-making have mood-boosting and anxiety-reducing effects (Dalebroux et al., 2008; Sandmire et al., 2012). This research suggests that, although venting our feelings through art has some benefits, depicting something happy is a more powerful way to repair short-term mood (Dalebroux et al., 2008). Additionally, if you need a mood boost, drawing may be a good choice. Some research shows that drawing is more effective than writing for *short-term* mood repair (Drake et al., 2011).



TIPS & RESOURCES

Choosing a Journal

The journal you use for your art can take a variety of forms, such as an old notebook, a journal, or diary. Kori likes a Canson book that has thicker paper and says specifically it is for mixed media and the paint does not bleed through. You can use thinner pages if you plan to only draw, sketch, and doodle. She also likes spiral bound because she can also detach pieces she likes to save somewhere else. You can find more expensive art journals with these qualities.

Art Journaling Supplies

For your Art Journaling activities, allow your process to include what you already do well. Do you work with wood? Incorporate shavings. Do you work with wire? Maybe you can include wire. Some frequently used items include:

Watercolors	Markers	Clips from old magazines
Acrylic paint	Pencils and erasers	Stencils
Paint brushes	Gift tissues	Ephemera
Coloring pencils	Wrapping paper	Gesso
Crayons	Newspapers	Stickers and washi tape
Scissors	Ink and stamps	Glue gun
Paint pens and regular pens in various colors	Adhesives like glue sticks, mod podge (will need sponge brush) or other materials to attach paper or materials to your pages	Pre-drawn pages you can color into

Additional Resources:

1. Want to go all out and make your own art journal from scratch?

- a. <https://www.lalymille.com/blog/how-to-make-an-art-journal-tutorial>,
- b. <https://artfulhaven.com/simple-diy-art-journal-you-can-make-right-now/>, and
- c. <https://www.mixedmediaart.net/mixed-media-art-journal/making-handmade-art-journal>

2. Would you like ideas on what you can do with your art Journal?

- a. <https://daisyyellowart.com/aj101>,
- b. <https://www.youtube.com/watch?v=6JRxC7DKzs>,
- c. <https://dayoneapp.com/blog/art-journal/>
- d. <https://www.thegoodtrade.com/features/art-journaling-ideas-prompts/>



SPEAKER BIO

KORI CAREW

Kori S. Carew, Esq. is an attorney, TEDx speaker, and community builder who generates awareness and understanding of critical human issues by creating the space and climate for open dialogue that is meaningful, and enables people to expand their perspective and drive positive change. With grace and truth she is a people inclusion strategist, advocate, speaker, coach, writer, status quo disruptor, truth teller, wife, and mother of two curly-haired, wise, energetic, fierce, spitfire daughters.

She brings an incisive voice, unapologetic questioning of the status quo, and a lifelong fascination of human potential to empowering women and historically marginalized and excluded people. Her multi-national, multi-religious, multi-ethnic, multi-lingual family background gives her a keen sensitivity to belonging and inclusion across differences.

Kori brings a fierce love of community and belonging that embraces differences to her work, ministry, and life. At her day job she focuses on developing and implementing strategies for individual career, leadership and organizational diversity and inclusion success, helps organizations build bridges across differences and improve inclusion, coaches, trains on people and leadership development as well as diversity, equity, inclusion, and belonging topics. She loves to sing, cook, entertain, dance in the hallways at work, and read when she is not equipping leaders to be inclusive, interrupt bias and disrupt the status quo, or helping individuals live their best and fiercest lives. Beyond her work within organizations she actively serves her community as a civic leader. Her TEDx, Just belonging: finding the courage to interrupt bias can be found [here](#).

Kori is a Certified Dare to Lead™ Facilitator, a certified Gallup CliftonStrengths® Coach and an IDI Qualified Administrator.

MATERIALS NOTE

These materials were prepared for Well-Being Week in Law 2024, an event of the Institution for Well-Being in Law. The science blurbs were prepared by Dr. Anne M. Brafford, JD, MAPP, PhD. The session leaders contributed to the Tips & Resources for their sessions. Others are welcome to use these materials with proper attribution.



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