**Title:** The Artist Within **Author:** Hope Larson

**Time & Format:** 40 minutes in a classroom with a music playing device **Date & Location:** Friday December 2, 2016 at 10:10 a.m. in D&M room 406 **Audience/Learners:** Young Adults

## Topic Overview:

This workshop will introduce the concepts of “open” or “wandering” mind that is important for tapping into creativity. It is a result of a centered and relaxed mind, also an important component for managing stress. Music for centering and a free drawing activity re used to engage learners in connecting with their inner artist.

## Health People 2020 Objective:

* MHMD-­‐‑4.2 Reduce the proportion of adults aged 18 years and older who experience major depression episodes

**Workshop Goal:** To increase participant awareness for the need of mental health self-­‐‑ care practices among young adults using meditation music and drawing techniques.

**National Health Education Standards** being addressed by this workshop (grade level 9-­‐‑ 12+)

* NHES #1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.
* NHES#7. Demonstrates the ability to practice health-­‐‑enhancing behaviors and avoid or reduce health risks.

**Specific Learning Objectives-­‐‑**By the end of this workshop participants will be able to:

1. Describe two benefits of meditation and centering (NHES #1)
2. Discuss three elements of “open mind” in mediation practice (NHES #1)
3. Reflect on at least two personal ideas recognized from drawing a Mandala (NHES

#7)

## Key Concepts & Terminology

* Benefits of meditation: Engaging in mental exercise to help reach a level of awareness.
* Open mind: The willingness to try new thing or to consider new ideas. Having an open mind allows creativity to flow in the mind.
* Mindfulness: The human ability of being fully present and aware. Where one can calmly accept one’s feelings and thoughts and be able to express drawing, colors, and shapes.
* Drawing: Graphic representation by lines, sketch, plan or design, it can be realistic or symbolic. Drawing is sometimes utilized as a form of therapy for people that are overwhelmed with emotions. It gives an opportunity for expression and a representation of one’s feelings and thoughts. It also allows centering and calming the mind.
* Mental illness: A wide range of mental health conditions that affects a person’s mood, thinking, and behavior.
* Mandalas are found in religions but are not restricted for religious use. They are also used for therapeutic use but most importantly for self expression and listening to your own wisdom within. They have nothing to do with artistic ability. It is an opportunity to open your mind and reflect on one’s inner self to reach another level of awareness through drawing, colors, and shapes. There are different levels in everyone relating to voices/personalities within. Utilizing mandalas helps one maintain an open mind to have the ability to reach mindfulness through meditation.

**Teaching Steps (Timed):** *Total time:*

* Step one: Participants will be prompted to prepare for a relaxing meditation; *Spa Relaxing Music Long Time.* [https://www.youtube.com/watch?v=Jq3htwznGJk](http://www.youtube.com/watch?v=Jq3htwznGJk)

o Instructions: close their eyes, clear their minds, and relax and listen to the music playing. (***5 minutes)*** *(LO 1&2)*

* Step two: Instructor will turn the music down to a lower volume and hand a piece of paper with a circle in the middle of it. Participants will be instructed to draw a mandala of what they are feeling or what is going on in their life, with the coloring utensils provided. ***(15-­‐‑20 minutes, allow more time if needed)*** *(LO2)*
* Step three: Instructor will turn off the music and ask if any of the participants would like to share their mandala and what it means. ***(10-­‐‑15 minutes)*** *(LO3)*
* Sept four: Participants will be instructed to write a brief description of what their mandala meant. ***(10 minutes)*** *(LO3)*

**Assessment Measures:** Drawings are photographed as evidence to show the effects of music meditation and mandala drawings and their meanings.

## Materials, Resources, Preparation:

-­‐‑ Paper with a circle in the middle

-­‐‑ Crayons, markers or colored pencils

-­‐‑ Music playing device

-­‐‑ Spa Relaxing Music Long Time music found on YouTube

## Annotated Resource Bibliography

1. (2015, October 13). Mental illness. Retrieved from [http://www.mayoclinic.org/diseases-­‐‑](http://www.mayoclinic.org/diseases-)conditions/mental-­‐‑ illness/basics/definition/con-­‐‑20033813
	* *This is a website that gives a very good definition on mental illness. Mayo Clinic is well respected and has reliable information. I believe that the definition given is correct*

*and is very informational. I used the definition from this website.*

Mental Health and Mental Disorders. (2016, November 27). Retrieved from htt[ps://w](http://www.healthypeople.gov/2020/topics-)ww[.hea](http://www.healthypeople.gov/2020/topics-)lt[hypeople.gov/2020/topics](http://www.healthypeople.gov/2020/topics-)-­‐‑objectives/topic/mental-­‐‑health-­‐‑and-­‐‑ mental-­‐‑disorders

* + *HealthyPeople.gov is managed by the U.S. Department of Health and Human Services. The cite is part of the Healthy People 2020 topics and objectives specifically on mental health and mental disorders. It goes into depth about mental illness and the importance on the disorder.*

Mindfulness: Getting Started – Mindful. (2016, August 01). Retrieved from [http://www.mindful.org/meditation/mindfulness-­‐‑](http://www.mindful.org/meditation/mindfulness-)getting-­‐‑started/

* + *This website gave me a better understanding of what mindfulness mean and the meaning of the word. It gives a good understanding of mindfulness. It is a good resource of the topic.*

National Health Education Standards. (2016, August 18). Retrieved from htt[ps://w](http://www.cdc.gov/healthyschools/sher/standards/index.htm)ww[.cdc.gov/hea](http://www.cdc.gov/healthyschools/sher/standards/index.htm)lt[hyschools/sher/st](http://www.cdc.gov/healthyschools/sher/standards/index.htm)a[ndards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)

* + *The CDC (Centers for Disease Control and Prevention) is the nation’s health protection agency. Their website was used for standard one that is related to health promotion and disease prevention. Specific parts of standard one, five and seven were used to relate to this lesson plan.*
1. (2012, May 19). Spa Relaxing Music Long Time MP3 With Candle Light. Retrieved from [https://www.youtube.com/watch?v=Jq3htwznGJk](http://www.youtube.com/watch?v=Jq3htwznGJk)
	* *This youtube was used to find the calming music that will be used in this activity. It is the right music to put the participants in the right mind set need for this activity.*

chott, G. D. (2011). Doodling and the default network of the brain. *The Lancet,* 378. [http://www.thelancet.com/journals/lancet/article/PIIS0140-­‐‑](http://www.thelancet.com/journals/lancet/article/PIIS0140-)6736(11)61496-­‐‑ 7/fulltext?TB\_iframe=true&width=921.6&height=921.6

* + *This website was a very good scholarly article that gave me a better understanding of how doodling and drawing is good for the brain. It helps with things like stress and anxiety. I would defiantly recommend this article and website for information.*

Keegan, L., Kolkmeier, L. G., Guzzetta, C. E., & B. M. Dossey. (1989). Imagery. *Holistic Health Promotion: A Guide for Practice (pp. 173-­‐‑17).* Rockville, MD: Aspen

* + *This book is a good source that provided a lot of information on mandalas. It was very informative and gave a lot of in depth details on an open mind and inner self. It also gave a lot of information on on drawing.*

## Appendix of Support Materials:

Mandala Circle



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