

Foundations of Well-Being

Creative Activity Guidelines

The two creative activities in each Pillar of Well-Being – each one consisting of a video and a related write-up – are an opportunity for Foundations of Well-Being participants to interact with the Pillars of Well-Being in an experiential, imaginative way. We're very pleased to offer these activities, but first we want to mention some guidelines and comments about them.

These activities are not psychotherapy, and are no substitute for professional mental or physical healthcare. If you are currently participating in psychotherapy, counseling, coaching, or similar activities, we recommend that you inform your professional about your participation in the Foundations program.

The activities should be **done mindfully and with support for yourself**. Experiential activities of any kind, including these ones, can stir things up. If you find that you are experiencing significant discomfort during the activity, please stop doing it. Then you can decide whether you'd like to continue the activity, perhaps later.

The creative activities are **not art activities**. While artistic elements can be involved, and many of the activities involve an option to draw or paint, they are *never* about the quality of art. In order to take full advantage of the creative and experiential opportunities here, please don't judge your work based on its artistic qualities. In fact, please don't judge it at all! The work is about your individual expression, never your artistic capabilities.

The activities are **open to interpretation**. We encourage you to adapt all aspects of the activities for your own needs, wants, and inclinations. If you feel inspired to approach an activity in a different way, please do so!

The videos are meant to be done at your own pace. The videos are shown at an accelerated pace so that it is easier to get a sense of the activity as a whole; doing the activity on your own will likely take you longer than the video itself. **You can and should pause the video** if you'd like more time at any point.

If you like, **you can share your responses** to these activities on the Foundations program's online forums – connecting with a community of others engaging with these creative, experiential activities. We also welcome your written feedback; please email us at foundations@rickhanson.net.

Overall, please stay mindful and respectful of your personal needs as you engage these activities. We hope you take advantage of them and enjoy them in your own practices of well-being.