“Art at Work” Repurposed

ADAPTATIONS AND ACCOMPLISHMENTS IN 2020

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What Art at Work Looked Like before March 2020
Outcome: Effective for Decreasing Short-term Personal Feelings of Stress
Growth of Opportunities to engage with the Arts & Humanities

Prior to March 2020
• DHMC Art Quests – standing art
  • All at Main Campus
• Art at Work Classes
  • All in Lebanon

March - December 2020
• Spring Nature Quest
• DHMC Quarterly Rotating Art Quest (at Main Campus)
• Virtual Art at Work packet
• Creative Writing with Marv
• Music with Margaret
• Live Virtual Art classes
Virtual Art at Work ~ mailed packet
Virtual Art at Work ~ 2020 Gallery
Survey says...

How were you feeling...
(consider your stress level, mood, physical discomfort, etc.)

Before you started your art project?
While you worked on your art project?
When you finished your art project?

- poorly
- below average
- average
- above average
- excellent
Creative Writing with Marv

Titles Prompt – using Chat feature in WebEx:
- Waiting for the Shoe to Fall
- Flying inconveniently through Time
- I Saw Myself
- Escape from Reality
- What If This Isn’t the End
- Two Dips, No Three
- Trails of Leaves
- Feather on the Breeze
- Speckled Hen
- Finding Fresh Water
- Soot, Ashes, Sand, Stone
- Mountain Strong
- The Path
- Abundant Resilience
- Friendly Faces of Time
- Clouds in the Window

Response:
- I saw myself escape from reality.
- I stepped off the path of time and dipped my foot in the waters of unconsciousness, floating like feathers on a breeze or leaves on the wind.
- The water felt clean and filled me with strength, as I rose up out of the soot and ashes like a resilient mountain standing through the ages of time.
- What if this isn’t the end, only passing clouds in the window of my soul.
I love these cards! They are so therapeutic and we are able to share our art with those that receive the cards! Thank you so much for keeping this going!

I was a little distressed at first because I could not come up with an idea for using the art.

What did you enjoy most about this art project?

How did your art experience affect the rest of your day?
Live Virtual Art Classes

<table>
<thead>
<tr>
<th>Class</th>
<th>Registered</th>
<th>Completed</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Stained Glass Art” in Mixed Media</td>
<td>24</td>
<td>15 (63%)</td>
<td></td>
</tr>
<tr>
<td>How to Draw Mandalas</td>
<td>15</td>
<td>7 (47%)</td>
<td></td>
</tr>
</tbody>
</table>
Virtual presented some challenges

How were you feeling... (consider your stress level, mood, physical discomfort, etc.)

Before you started your art project?  While you worked on your art project?  When you finished your art project?
So beautiful

Truly! I'm new to DHMC and I LOVE that you guys do this!

Very peaceful and soothing....thank you!

Such an amazing gift! I am truly in awe...
• Continued integration of arts and humanities as modalities to support well-being of staff
• Continue to offer programs virtually, while likely reestablishing live opportunities to engage
• Development of respite/tranquility rooms/spaces/prompts to support well-being
  • Often offering writing prompts, Zen gardens, calming music, art such as coloring
• Continue to gather data to drive continued program development and support research
Thank you