

"CREATIVE
RECOVERY"



February
2022

Various art forms have long been recognised as being useful for recovery...

from painting & drawing to writing, music, model-making and poetry/performance, all have a part to play...



FIND WHAT'S
BEST FOR
YOU.

Your perfect fit...

Art Extraordinary - The art of
Mental Health



Inspiration can be found anywhere - whatever speaks to or resonates with you.

(from the "Reclaiming our Heritage" archive)

Chris B

The fact that Shakespeare wrote his great tragedies it's thought after a nervous breakdown, and various other leading artists have been on the edge, between what society calls normal and what society deems to be worthy of being locked up.

Often, art & creativity
is the powerful
response that kick-
starts the recovery
process...

Louis
Wain, like
Shakespeare,
used his
art to
express his
inner
turmoil.



Louis said it with cats!

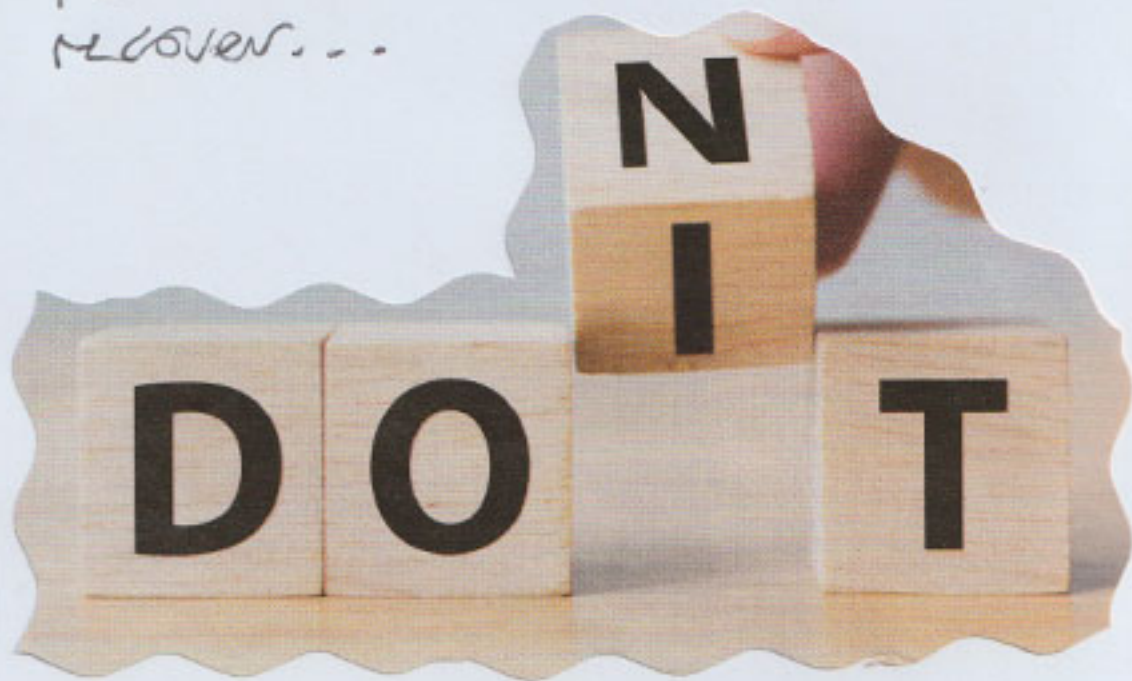
AMAZING



(That suits
me!)

In the past, mental health was misunderstood, rather than nurtured when fragile or challenged.

We all need time, space, safety and compassion - & permission to falter and recover...



Because...

Feeling successful builds confidence and also provides the platform for further success

All this is hard work, & takes courage -

So be kind to yourself, keep creating & learning - & seek help & support when needed...

5 GAME-CHANGERS

1 GRATITUDE I'm grateful I'm still here. Not everyone made it this far.

2 THERE ARE NO MISTAKES

Everything you go through is also teaching you something.

3 ASK FOR HELP Therapy helped me unpick what I'd been through.

4 MY WARDROBE Wear what makes you happy - you are the occasion.

5 FIND THE JOY Bad things happen, you just have to find a way through them. Joy is there if you look for it.

Find out more at reddskin.co.uk.

And a little "treat" reward every now & then does no harm either...



SOME FINAL THOUGHTS ON CREATIVE RECOVERY...

CELEBRATE THE WINS

Don't focus on what you have messed up, what you didn't do, or what still needs to be done.

It'll be a 'win' or a 'learn'
- whatever path you take.

YOU'RE ALREADY AN EXPERT -
BACK YOURSELF!

NO one knows more
about you than you do -
you are your own
expert, & know what's best
for you.



WITH LOVE XX