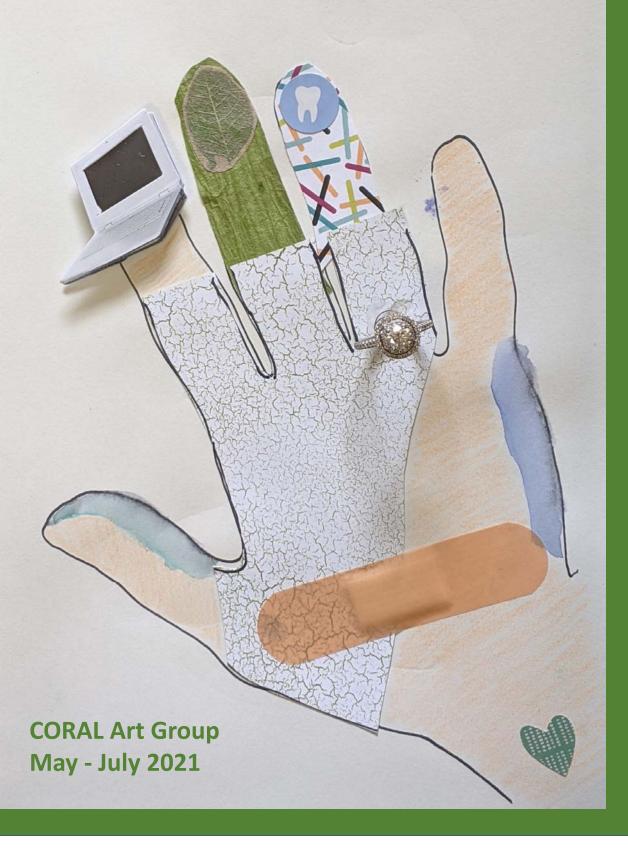
# The Roles We Play



## **Cover Art**

## Hand piece:

I created this piece because community begins with yourself. Support depends on if you seek it and/or if you are a source of support for others. This hand has many layers because of the support I have, I am, and I seek. Sometimes, life is so challenging, which is way some of the hand is cracked. Other times, you seek support to heal and feel validation. My support comes through my partner, my connection to friends and family, and my love of the outdoors. I support others through the roles I play in my profession.

-A healthcare clinician

Dedicated to health care providers who are already resilient ...and who thrive when they have connection, support, and creative outlets.





This is my happy place. My happy place is being next to the ocean with my toes in the sand. I wanted to recreate my most peaceful space without trying to put the exact picture in my head on paper and I am very pleased with how it turned out.

reiki session. When I am physically able to be by the ocean, I feel rejuvenated, refreshed, at The black lines represent my connection to the earth which I had visualized during my first peace, and my cup is filled.

Because I live in a land locked state, I cannot always be by the ocean. Meditating and going Being able to put my happy place in a piece of art, helps me feel more connected to it and to reiki sessions helps me to find a deeper connection to this happy place and to myself. reminds me that I can go there in meditation at anytime to get a drop of rejuvenation.

# -Nurse/Friend/Partner/Sister/Daughter



Blood Tunning Thick + thin giving life but draining it aubuy Just as quickly If not contained + directed to "Socre Coeur" (Soured ()) A pusing life force infusing vitality with each beat, but relying on "du sang" to survive + coury on repreyents The role I play in my work supporting my patients + community Me somedays thick + frong others feeling weak + febrie but reaching out + relying on the inhision of canny + support by my colleuge) to enable me to Thrive & carry-on giving me strength to Rifill my role + infuse it out



A Day Here I am Ready to participate in the howing Totally owning 3t on too soon I find muself growning in listening to the modning once again feeling like I am towing Serving a tembling authoring a tembling incoherant mumbling my soul is crumbling my body rumbling white my situation is worsening Meanwhile searching be learching of a situation that is worsning As I draw in a cleansing breath My energy once again grows



The COVID pardenic brought the need for protection of curselves, and of others. We wore yellow disposuble gowns-flimsy and guestionable in their effectiveness. Despite inadequate protection, my protective instincts grow tiercer - to protect all the babies, children, youth in our care.

- Pediatrician and mother



I imagine my support network as a tree - min dup nots I con't always see, worms to keep the soil I grow in healthy. My branches are home to bugs and birds - my Children and patients whom I host and care for.

- pediatrician and mother



Self care regoures boundanies. They can feel hard to maintain, often Shifting. But there is ugbiness, craziness, anger, giricf at work that needs to be kept in, kept away to keep the vambows.

- pediatrician and niother



A SINKING FEELING OF
HEAVINESS IN THE CORE
OF YOUR BEING. ITS
WEIGHT IS INFINITE.
DARK. ACHY. VISCERAL.
HOT AND SMOLDERING.
ITS SMOKE RISES AND
CIRCLES YOUR HEART.

somtimes, all you can do is sit with it.

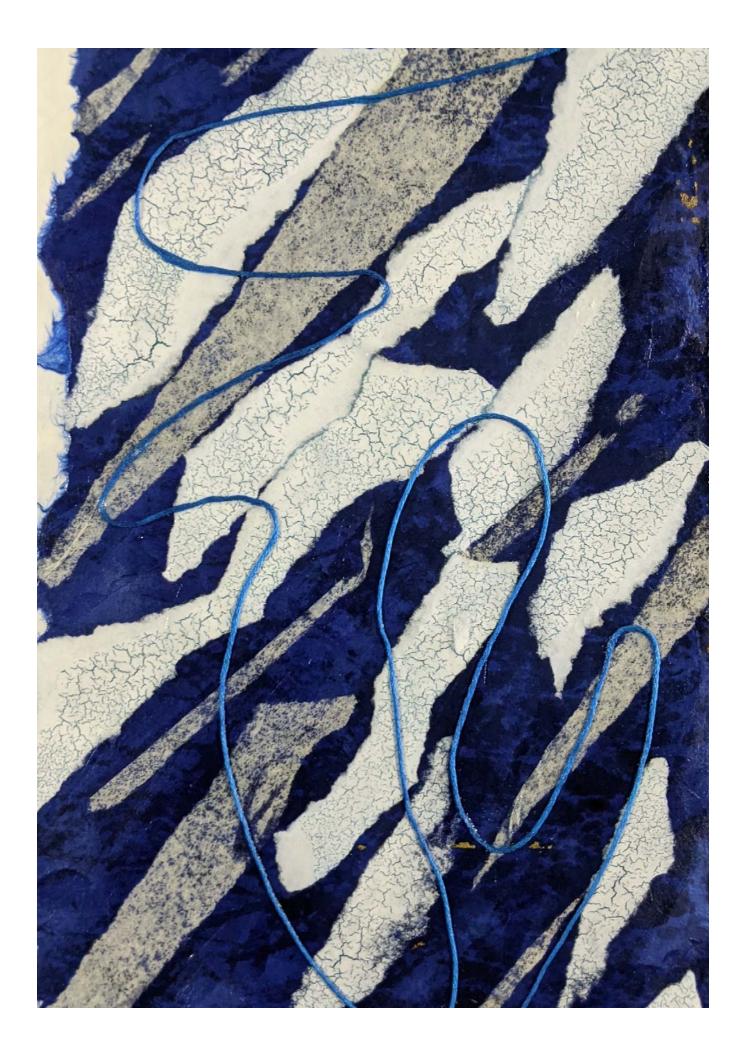
-A FEELER



memories, and the memories of people we have that provide comfort and a place to recharge. There we places that feel like home. Places Places that are safe. Places that stone our

There we the places where our hearts live.

- an adventurer and nurse



Fluctuating between parched and drowning. Always in an extreme. Navigating a path is not always straight of efficient, but you always get some where.

- Wander, Nurse, Living being

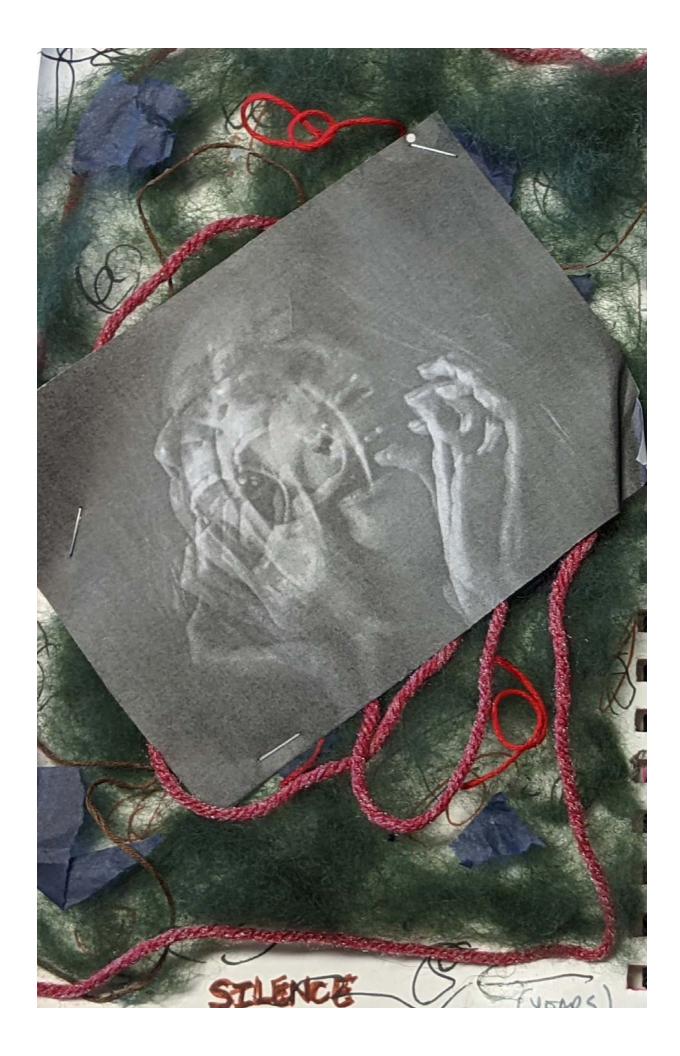


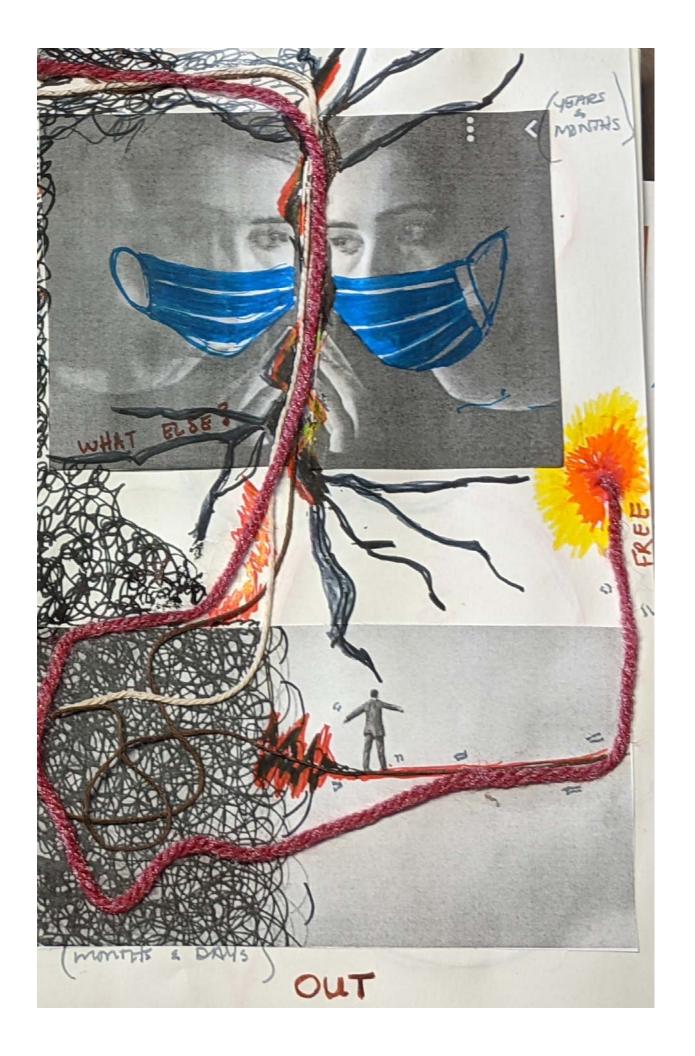
# **Crying baby:**

No healthcare clinician escapes grief. Grief finds you, even if you have the best of coping skills. This experience was one of the most difficult of my career. The tears shred in this piece were cathartic. They were from mother, father, child, and staff.

Even when the child has discharged, the grief may remain.

-A healthcare clinician





lies *mpact *	popular, still good at my pt years go by- loc pretitatis' no one believes new my be where wald I wont in sufficient alshelle!  Kepere begin to be rew superior dishelle!  Kepere begin to be rew gow freely be one teader nones bigger in role - don't understand teader nones bigger in role - don't understand to "hear" nones bigger in role - don't understand to "hear" nones bigger in role - don't understand to "hear" in et a theread truger of my  Alsorder stress  Chaol. C  Chaol. C  Chaol. C  Chaol. When specially in act in  Confidence is a theread truger of my  Panally we specially it may the his RN  Sal in disbellet. Void to strend and add  Coper, human paleach than strenge enranment to the  Coper need to belief was more than decade  The bully trade aget the risk is cont the  The bully trade aget were than decade  The bully trade aget were than decade  The bully trade aget aget with. Center than  The bully trade aget were with. Center is much  The bully trade aget aget with. Center than  The bully pale aget to be to my the with the special than the risk. Cont than  The bully trade aget aget with. Center than  The bully pale aget to be to be to the trade aget with.
* leader builies *mande *	I knew my job. I could do it well. I came to then job. I could do it well. I came to then under a cloud of their dbs.  Thust jounger for the geron that referred me to them. I worked hard to poor thus wong. I did nothing to deserve, the treatment of desire the treatment of desire the treatment of desire the treatment of denies in the basers charge, come and go.  I was good of the passive agarssive at 1 see staff known of some untnouring support in cutture of denies silene, subverse, complete in building in the base of kleinethang screaming be hird closed day where they think we ten't hear stabbing station in the base of control. No over 3 Stant over? Anxiety all oralind.  The not crazy State. Anxiety all oralind.  The not crazy State. Anxiety all oralind.  The of this end my nuising career? I never senile to graving ord visious behind ones the theory one believes smilk to graving ord visious behind ones the theory of the believe one believes as he than selvers because they believe one the theory they day selvers as he have as believed serennes!



# the successful woman to failand to learn powerful lessons from the failureso that in the end, she didn't fail at all.

Maya Angelou

OR RN (15 yrs), RN (26 yrs), Human Being



Resilience is a buzzward in healthcare right now. "Be more resilient," they tell us - as if finding more strength patience endurance from an internal source is the solution to working in a broken system whose fault lines appeared only more visible in a global pandemic.

The word resilience also makes me think of a particular patient, though. She had advanced heart failure and very limited activity tolerance. Her joy was gardening and she described the enormous regetable garden she used to keep. When I asked her (hestantly, not wanting to bring sadness) if she still kept a garden, she smiled and said, "oh yes!" Her dauguter showed me a picture. It was a single flower pot, on her windowsill.

Before this class I felt like resilience was an individual trait that I was just missing. But when I think about that patient's flower pot. I think about changing my perspective. Sharing community and rulnerability with my colleagues gave a sense of resilience in the group connection. There is strength in the community to fill in what I thought was missing.



them. I hope that having more self-compassion myself. Having a creative outlet with a group others that I forget to prioritize toking cane of class offered techniques to stary connected to patients, and keep me in this work/community of healthcare colleagues has been so deeply In nursing I'm so tend in to taking care of take care of ourselves and it lets me know meaningful - it gives permission and time to moments in time that bring peace, and the Creativity reminds me of places and will deepen the compassion I have for my for a long time to come. I'm not aloue.



Making this artwork today reminds

The of all the wonderful pieces of my

life that the put together. Some pieces can

be dark and difficult at times, but overcoming
these aspects of life makes me even stronger and

resilient.

These strings remind me of all the connections
I've made in my life and how the seem to
Intertwine with one another and some come full
Circle.

I'm thankful for all of you and these connection,
I've made here. I hope we crosseach other's
path again.

-nurse/friend



gave me a safe space to release my challenging experiences from work

taught me to appreciate myself and my artwork

# ART

# THERAPY

found the importance to human connection and collaboration during stressful times

learned doing art for stress release is not always about the end result, but more about the process and how it makes me feel doing it

. Thank you for this experience

### Back cover art

During this art therapy cohort, I feel that I have become part of a small community of healthcare providers who are all dealing with tough things both personally and professionally.

This class has helped me to realize that I am not alone in dealing with difficult things and it has given me the perspective and strength to deal with my own difficult things more efficiently.

One member of this small community said, "You can't always find community in the community you are in." It doesn't mean that you are alone, it just means that you have to find the right people you need around you in that moment. That has really stuck with me and motivated me to continue to connect with others.

## -Nurse



Thank you for providing this support CORAL Colorado Resilience in Arts Lab Funded by The National Endowment of the Arts