



sonder

|sohn - der| n.

the knowledge or realization that every
passerby has an existence as complex
and beautiful as yours.

CORAL Art Group April 2023

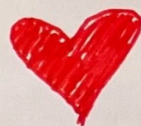
Sonder Syndrome

a pervasive feeling of
self-doubt, insecurity, or fraudulence despite
often overwhelming evidence
to the contrary,
striking especially smart,
successful individuals

Dedication

**Dear Human,
You are worthy.
Don't believe everything
you hear or think to the
contrary.
You are NOT ALONE.
Your journey is unique and
beautiful.**

This book is for you.



Family

**“Humor is
empowering—
it’s medicinal
and healing.”**



HUMAN

**Spoil Your
Furry Friend**



When I think of my values and what's important to me, the first thing that comes to my mind is my family. My family is a major part of my identity. As the only child of two blind parents, much of my life has been centered around helping them.

Many would think of this as a burden; but to me it is a gift. It has just been the three of us my entire life; and they are my biggest support system. We have been through every trial over the past 25 years together and have been there for each other for all of the good and bad parts. I have a unique perception of the word
thanks to them.

They taught me to be kind, respect, and love all human beings, no matter how different they may seem.

Besides family, other things I value in my life include laughter
(it really is medicine), being in nature, and spoiling my dog.

It is thanks to these values that I am able to keep my head up and maintain a positive attitude, even in the most difficult of circumstances. Seeing the struggles and discrimination my parents have faced and overcome inspires me every day. I work hard not only for myself, but for them. I hope to one day provide for them in
return for all the ways
they have provided for me over the years.

reflection

beautiful!

Simple
Pleasures
*...in the
everyday*

POWERFUL

**“Just being
yourself can
have a huge
positive impact
on someone.”**

Be **kind** to
yourself,

#NoFilterNeeded

Clear the Air

How to Deal with

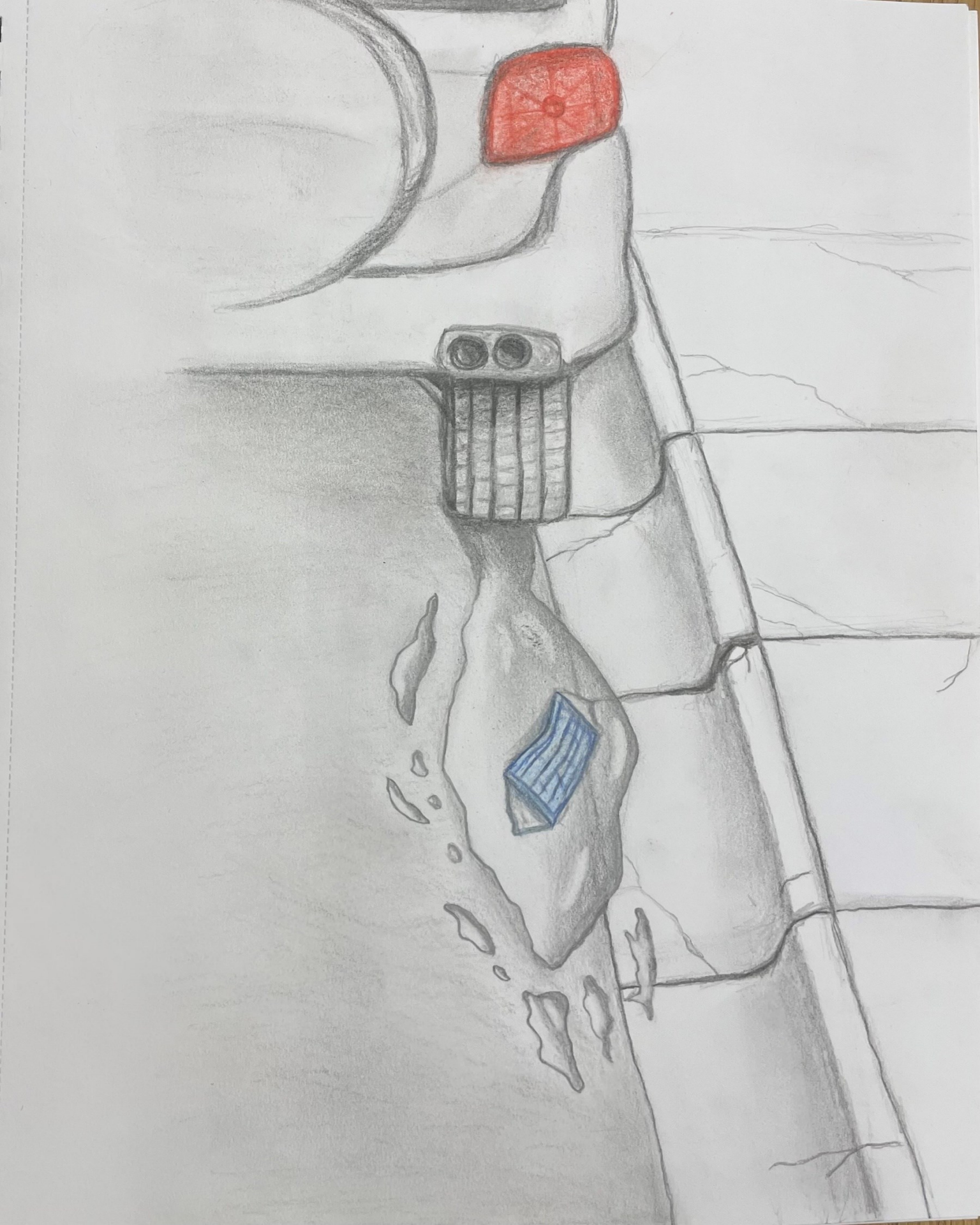
EVERYTHING

be here for them

Lean On Me

SCARY SATISFACTION

self-love



Exhausted
Lost

Forgotten
Discarded

Removed

Freed

Rinsed

Repeated

"Humanity is like an enormous spider web, so that if you touch it anywhere, you set the whole thing trembling... Our lives are linked together. No man is an island."

— Frederick Buechner



"Each of us is a unique strand in the intricate web of life and here to make a difference." — Deepak Chopra

Fifteen people (14 participants and a facilitator) from different backgrounds, cities, countries, and continents happened to be together for a unique cause: to learn how to express our feelings through art. All healthcare workers but in a variety of non-patient-facing positions. From several institutions and distinct careers. Various age groups. People that could never meet if it wasn't for this group. They had different paths but somehow got them crossed. They had a unique common desire to feel heard and voice what they had inside. Everyone was eager for a safe place to share. And by sharing, they could see themselves in one another.

"When spider webs unite, they can tie up a lion"

— African Proverb



As spiders who build their webs, we made our safety net together like acrobats that dare to do risky aerial movements, knowing they have a safety net to hold them if they fall. We had our network of trust to allow us to share our struggles, our ups and downs. We were always seated in a circle so we could see one another outside and inside. We shared happy and sad moments weekly. Tuesday became a day to look forward to. Just the idea that we could open our hearts and minds without judgment on that same day and time. Life during those weeks became easier. We knew that no matter what happened, we would have that moment just for ourselves. Self-love. Shared love.

Through art, we learned that we are stronger together and individually.

*- A grateful software engineer that was lucky to be
part of this project.*



It was like stepping into a jungle when I first started working here (hence, the image). I had just graduated, and this was my first big-girl job. It was like I had gone off-trail without even meaning to. I didn't know when to step in, when to take initiative, I didn't know when it was okay to ask questions. I was hypervigilant about not being in anyone's way, whether I was doing something right or wrong based off someone's expression, or if I was even doing or saying the right thing. I wanted to be perfect. I was scared of making mistakes. If I made one wrong move, I felt like the whole world was going to collapse. It felt like I was alone making my way on a trail that hadn't been forged. When I went to the first CORAL meeting, I didn't know what to expect. Were we going to stay silent the whole time and color? I would be okay with that. I wouldn't have to talk to anyone or be in anyone's way. I wouldn't have to worry about saying the right or wrong thing.

Instead, I was met with dozens of big, blue containers with colored pencils, markers, paper, and sketchbooks. And we were going to share our highs and lows. We were going to share our artworks with each other. In front of everyone. Was I overwhelmed? Scared? Shy? Embarrassed? Yeah. But when I got to hear everyone speak, I realized I wasn't alone. People had the same feelings and thoughts that I had. And they came from all different realms of professions. I didn't feel like I was forging through a forest alone anymore. It felt like people were there and that they were with me on this path. I became more comfortable expressing myself to others. I noticed changes in my own life, too: I was okay with taking breaks. I didn't feel guilty if I hadn't finished a project before I had to leave. I became less afraid of taking initiative, asking for clarification, owning my mistakes, and became more comfortable in my role. I became more comfortable with not being perfect. I started conversations with strangers. I started telling people to 'have a nice day' when they left the elevator. I started conversations with patients and learned more about them. I asked them about their interests, their family, where they were from. Can I connect with every single patient? No. But I am okay with that. Have all my doubts about myself and my work disappeared? No. I am still scared of all the things that I have started doing. I work through my feelings with art. I realize that I do not have to define myself as what I am feeling. Talking with my colleagues about work management makes work breathable. Feeling what CORAL members feel and sharing their thoughts makes my life understandable and meaningful. Meeting these beautiful people has made me realize how precious life is. They make me appreciate the nature on this trail instead of being swallowed by it.

Life's so dark when every day is a struggle

Why go out and see the world on fire?


Don't let your mindset become what controls you

Speak right now and make the choice to grow

Beartooth, "In Between"



A UNIVERSE LIES
INSIDE YOUR HEART

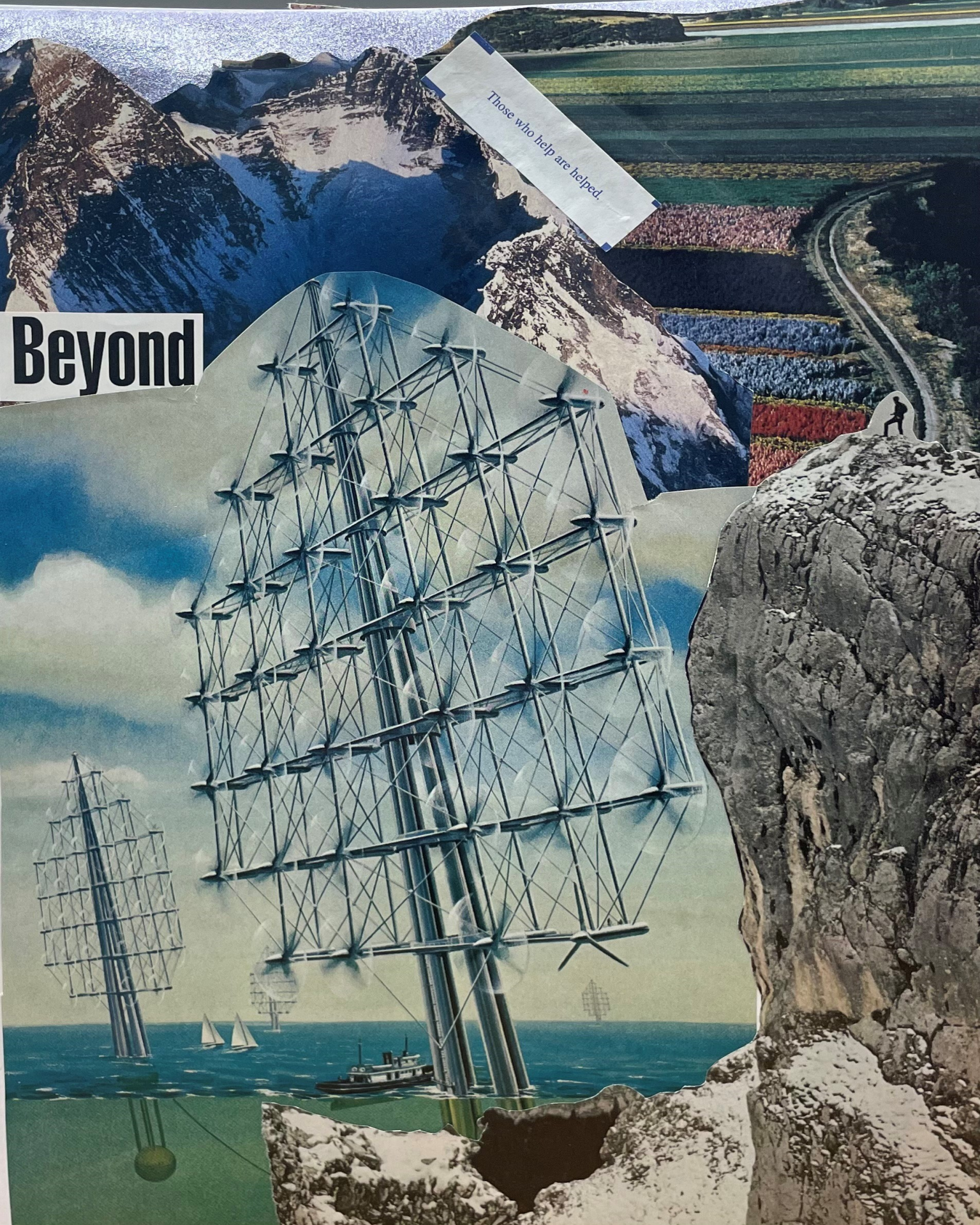


A Universe lies
inside your heart.
Rich with experience
and feelings collected
on this journey
through life.
Full of wonder
and hope that
circumstances
can extinguish.
Your heart is safe
in the hands of
those you lean on,
For they will
help keep your
Universe alight.

Joiah Fernandez
4-24-2023
A molecular biologist

Those who help are helped.

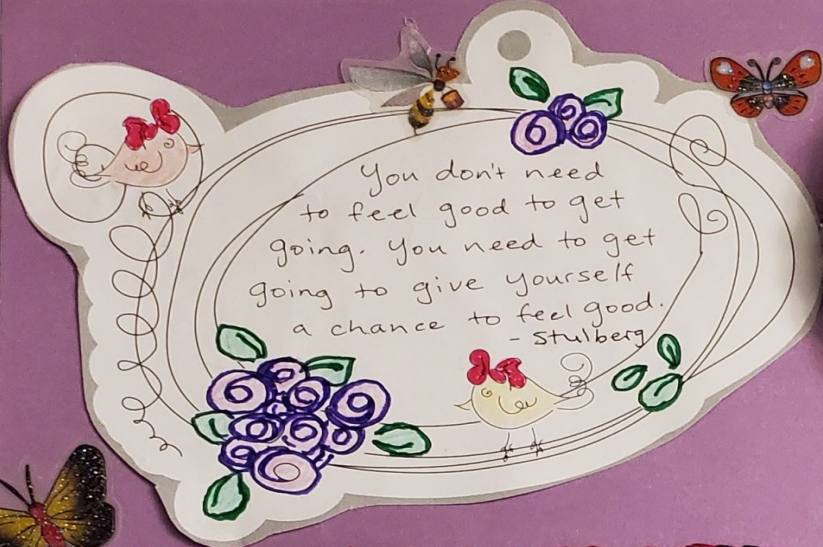
Beyond







The Fragility of Perfection
Underneath the Surface







I spend my days caring for research animals. I do it because they deserve to be happy and healthy. Because the contributions they make are unachievable otherwise. Because the lives that they can save are worth saving. I love them while they are here and when they are gone I will struggle to tell my friends and family about my grief for fear they will not understand. Understand that I love them even with their blood on my hands. And with it there I will do my best to see the beauty in the bigger picture - to know that they gave their lives for a purpose so much larger than they could ever know.

-From a Laboratory Animal Technician



LOST

IN

LUCIDITY

FREEDOM

THIS PIECE REPRESENTS THE STRUGGLE
WE ALL FACE TO MAINTAIN OUR SENSE OF SELF

WHEN BATTLEING INTERNAL AND
EXTERNAL
FORCES

J
O
Y

S
E
L
F

D
R
E
A
M

L
O
V
E

S
E
L
F

I
D
E
N
T
I
T
Y

J
U
D
G
E
M
E
N
T

E
S
C
A
P
E

S
H
A
M
E

H
U
R
T

D
E
S
P
A
I
R



BOUND TOGETHER THROUGH
COMMON GROUND I FOUND
COMMUNITY AND SUPPORT

THE POWER OF KNOWING I WAS
NOT ALONE ALLOWED ME TO
REQUAINT MYSELF WITH

MY INNER
CHILD



We are all different. Strangers who threw caution to the wind and allowed Katherine to peel away the layers one class at a time. We trusted her guidance and learned to trust her, and one another. We trusted each other enough to tell stories of ourselves, our experiences, our work nuisances.

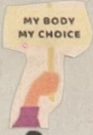
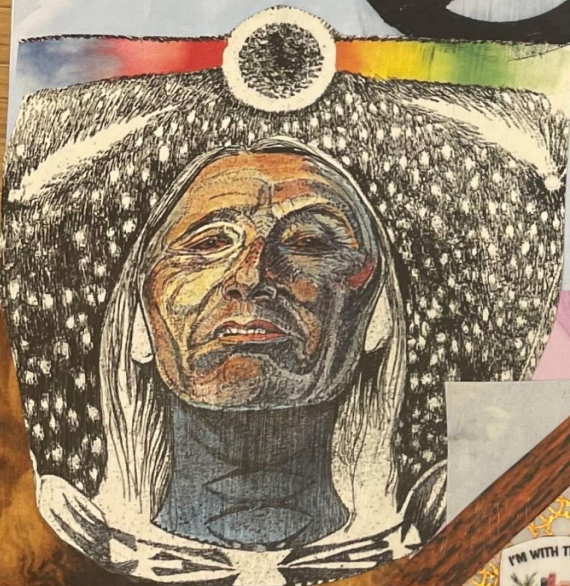
We learned to support one another, be resources for one another, be each other's cheerleaders, have empathy for one another with no judgement. We set our own rules, we abide by those rules. We were strangers who received an email about an art study.

Art is the thing that people forget they need until they need it.

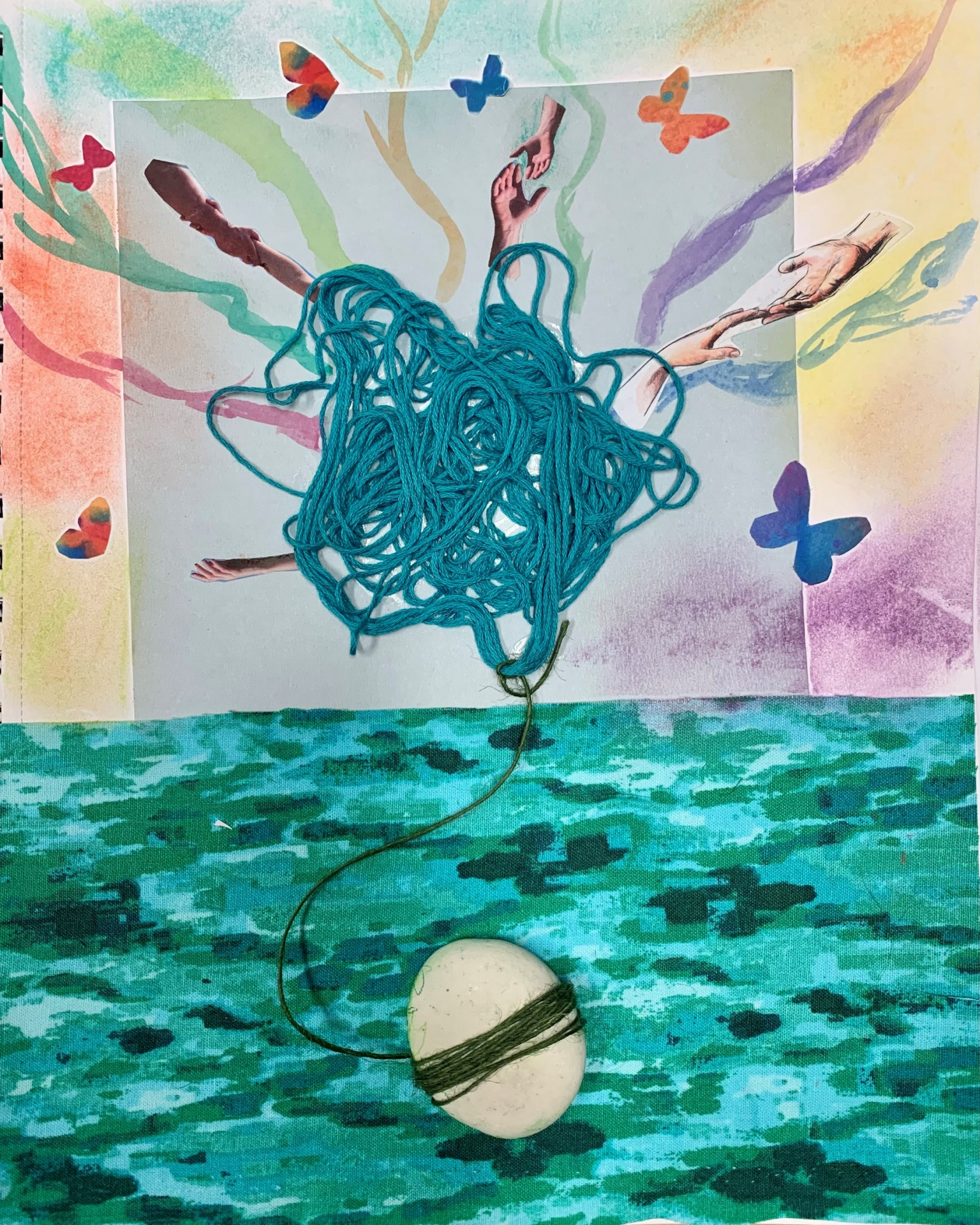
THE REALIZATION
THAT
EACH RANDOM
PASSENGERBY IS
LIVING A LIFE AS
VIVID
AND COMPLEX
AS YOUR OWN

CHOICE





Sara ♡



You don't walk alone

You don't walk alone; we breathe the same air; the same sun touches your hand, and the same wind waves my hair. It is that pain that, without knowing, we share and that pressure in the chest that abstracts us from a certainty: we are alive, and we deserve to feel it, let go of the ties that immobilize us, feel life throb in your veins, draw a smile and feel the candid support of those around you.

So difficult to perceive and so close.... Those thoughts that make you lose sleep, that anguish that clouds your vision and prevents you from thinking clearly, is a veil, a knot, a weight that drags your body...

Extend a hand, open your eyes, get rid of those ties, and fly; feel free to feel, to move forward, to say NO, to not limit yourself with the limitations that you impose on yourself; let yourself be seen and be able to see everything that surrounds you, embrace the reality that although sometimes it may not seem like it, is a different one from the one that holds you back.

No caminas solo

No caminas solo, respiramos el mismo aire; es el mismo sol que roza tu mano y el mismo viento que ondea mi pelo. Es ese dolor que, sin saber, compartimos y esa presión en el pecho que nos abstrae de una Certeza, estamos vivos y merecemos sentirlo, soltarnos de las ataduras que nos inmovilizan, sentir la vida palpitante en tus venas, dibujar una sonrisa y sentir el cándido soporte de aquellos que te rodean...

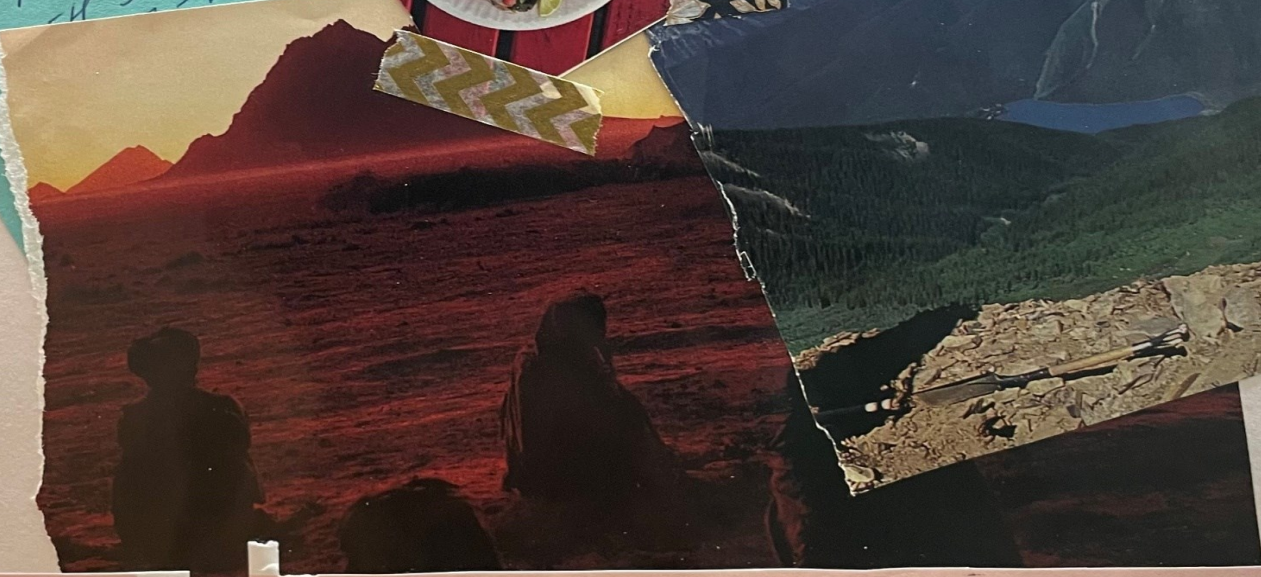
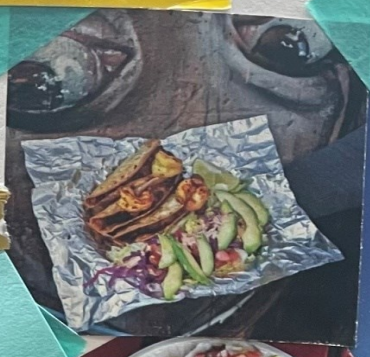
Tan difícil de percibir y tan cerca.... Esos pensamientos que te quitan el sueño, esa angustia que nubla tu vista y no permite pensar claramente, es un velo, un nudo, un peso que arrastra tu cuerpo

Tiende una mano, abre los ojos, despréndete de esas ataduras y vuela, siéntete libre, de sentir, de avanzar, de decir NO, de no limitarte con las propias limitaciones que tú te impones; déjate ver y se capaz de ver todo lo que te rodea, abraza la realidad que, aunque a veces no lo parezca, es otra a la que te retiene.

Manual

Мени принадлежати имаме,
 в нас идната за селом
 Често так сонечко сядне

29 FH 6:30-10:30pm ✓
 130 FH 6:30-11am ✓
 1131 FH 3-7pm ✓
 211 FH 6:30-11am
 213 FH 3-7pm
 21 FH 11:30pm



FEBRUARY 2023

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

shit to do:

1. Laundry
2. Deposit money
3. Finish app. msc job
4. File appeal
5. Hit shirts
6. Begin.

JANUARY 2023

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Memoria



When I heard about CORAL, I thought
how can this help me. Since going to CORAL
I have bin practicing art therapy more
often.

I started to check in with myself.
Sometimes I just need to sit down and
draw my ~~emotions~~ emotions.

When I was reading Courtney Peppernell,
this poem showed me what CORAL taught me.

You always will be a lot of things.
Not everyone is going to like you or
understand you.

And in the times it feels like you are
on trial,

Try to treat others with good intentions,
Even the ones that don't deserve it.

Be you, even when it's hard.

Courtney Peppernell



MASK



IMPOSTER



H
O
P
E



We have been vulnerable.
We are shaped by success and tempered by loss.
We have supported the voiceless.
We are advocates.
We have experienced profound grief.
We are recovering.
We have donned masks.
We are resilient.
We have sacrificed.
We are successful.
We have sought to understand.
We are empathetic.
We have locked away past tragedies.
We are holding the key.
We have been concealed.
We are keepers of knowledge and seekers of truth.
We have endured feelings of fraudulence.
We are uniquely capable.
We have overcome adversity.
We are optimistic.
We have walked alongside those nearing their end.
We are compassionate.
We have held on to hope.
We are remarkable.

From an Advocate for Laboratory Animals

