



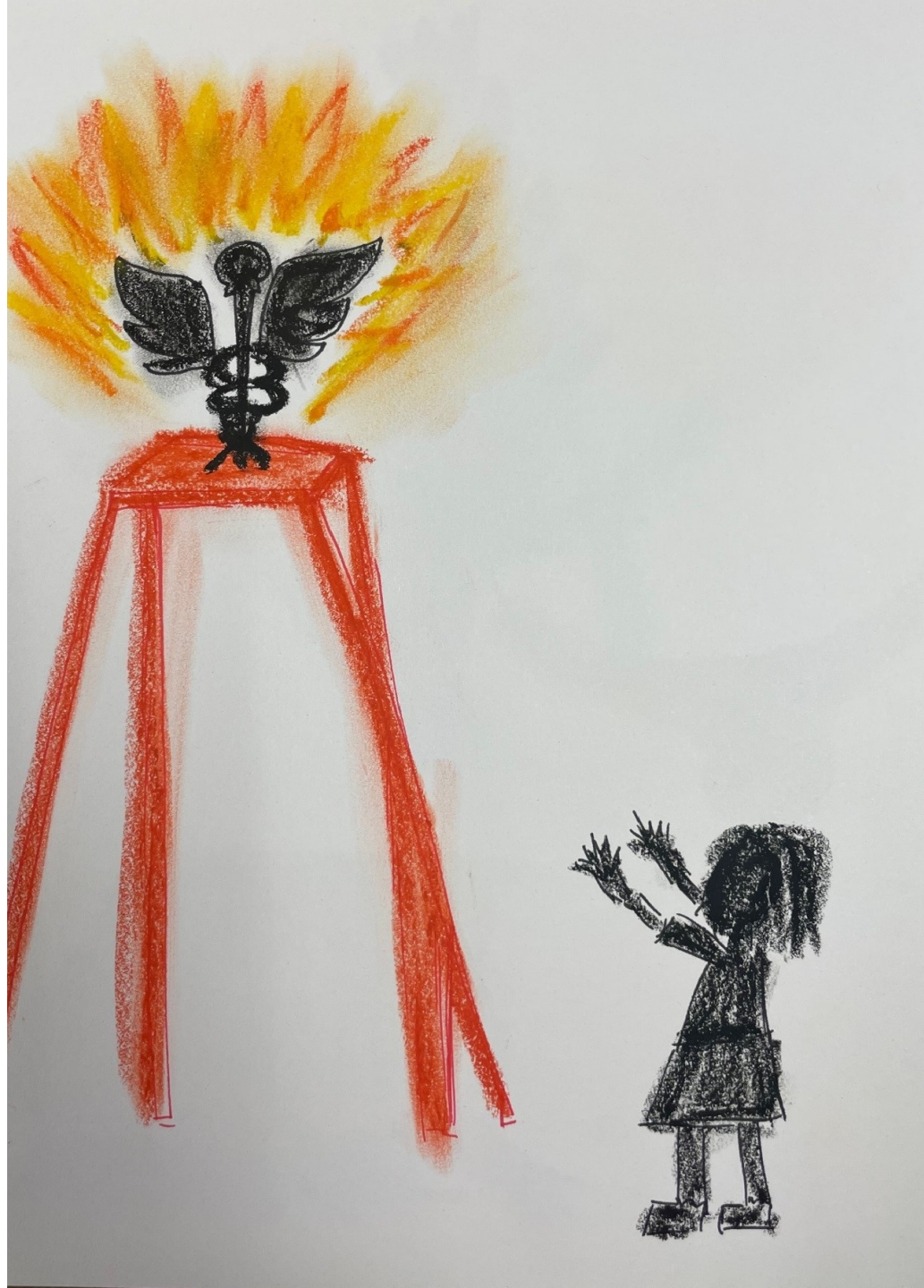
# *Through Our Eyes*

*CORAL Art Group  
June 2022*



This book is dedicated  
to hospital workers

Seen and Unseen





How does one reach the pedestal  
healthcare workers are put onto?  
How does one obtain the respect  
we are perceived to have?

How does one find the path to  
success in an industry full of  
broken & missing stairs?

-Laboratory Admin





Opening up about inner thoughts, inner struggles also opens up to others' wisdom and experiences. Throughout this experience, I've felt the bottle that held in my stresses, worries, negative thoughts begin to empty a bit. One of the hardest parts of opening up is fear of not being validated, acknowledged or being a burden onto others. Hearing about others' own hurdles makes life feel more normal and less lonely. That we all live different lives, yet have so much to offer to each other by simply opening up and listening. Working in healthcare, I feel it's expected to bottle in any tough experiences because it comes with the job. However we all have our own separate lives from work that also consist of difficulties. Life isn't meant to be perfect, but trying to ignore human emotions and "have it all together/composure" leads to misery because it feels like failure to not have it all together. Going through different emotional states ~~emo~~ is a natural process of life, having a space where I can feel and express those emotions makes me feel more human and present. I realized this workshop was the first time I cried in front of others, other than my family.





Bad things can & will  
happen

It is inevitable, and for that  
I'm sorry.

But, good things can & will  
grow from them.

The death of one, is not the  
death of all.

—Just a CNA



You did nothing to cause [redacted] to act the way he did.  
You did nothing to cause [redacted] to act the way he did.  
You did nothing to make [redacted] think he had the right  
to touch you.  
You did nothing to justify [redacted] laying his hands on you.  
You did nothing to make him think he could straddle you.  
~~The~~ None of this was your fault. These were entirely  
the actions of a cis-het man who felt entitled  
to you.  
What happened was undeniably wrong regardless of  
what the TL & STL said.  
~~He was~~ [redacted] was grossly out of line and you  
were just trying to exist.

You are no longer ~~st~~trapped in that office w/ him.

Making this image made it so I can take  
the power back from ~~the~~ what happened.

Food Service  
Person



RAGE

CONFUSION

DISAPPOINTMENT

HELPLESSNESS

DETRAIL

complete exhaustion

My book has given me a place to put thoughts and feelings which otherwise may be bottled up and ignored. Or perhaps Over-Shared in moments of complete loss. I've come to my book multiple times outside of class and have felt relief at its existence.

Some days, the only reasonable release feels like screaming. Screaming to rid my body of stuck words and thoughts, but also of the intrusive energy that takes over. This page felt similar to screaming. It feels genuinely cathartic.

My book has given me strength, comfort, and the ever important catharsis.

CORAL made this possible. Meeting people and growing a community made this possible. Being given the space and encouragement made this possible. Today I needed to scream and instead, opened my book.

-Jess exhausted  
Food Service Person







Life through my eyes. Life can be messy, rewarding, stressful, all within the same moment. Growing up I always wanted a career in Health Care, specifically in leadership. I have always wanted to make a positive impact by growing a team, having a title of Director, while making a positive impact on our community. Over the past fourteen years, I have carried an overwhelming “fear of failure”... Failing as a young leader and not holding up others’ expectations of me, especially during my four years as Patient Access Director. This fear has consumed me over the past decade with such unnecessary pressure on myself. This fear was real through my eyes. I joined the CORAL group, not knowing what to expect and knowing that if something did not change soon, my biggest fear would become reality. Over the past three months a small, very powerful community has been formed. CORAL provided me with the tools to change my perspective. It became clear that my fear of failure was only my fear.



CORAL has allowed me to view myself differently and acknowledge that it's ok to ask for help; acknowledge that I am only one person. I am not a superhero; nor do I need to be a superhero. I understand the true meaning of community and self-worth, as a Health Care leader, as a Mom, and as a wife. Having the opportunity to be vulnerable and share things that I have never told anyone before allowed me to change my perspective. Life is real! Life is messy! Life without a safe community is just like swimming in the ocean with nothing to grab onto, gasping for each breath of air. Thank you to this group, this network, and this community for being kind, caring, and most of all supportive with no judgments. Through my eyes!

-Operations Manager, Patient Access  
& Financial Counseling



(Back Cover)

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