

# Strengthening the Mind, Body, and Spirit through Mindfulness-based Expressive Art

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## Bead Strong is a mindfulness-based expressive art workshop

- and is a new clinical intervention that:
- supports interdisciplinary clinicians practicing the 10 Caritas Processes<sup>®</sup>
  - teaches people the importance of mindful practice
  - creates a mindfulness-based experience using breathwork, mantras, and art
  - encourages self-reflection and creative expression
  - reinforces therapeutic relationships
  - alleviates suffering, strengthens resilience, and affirms human caring
  - advances the science of caring

## Conscious and mindful care of the self is critical to overall well-being.

Mindful moments allow a person to pause, be present, and reflect. People deserve to do this in a non-judgmental space while building trusting and caring relationships with others.

This workshop is developed for clinicians as a tool to encourage skills that:

- reduce stress and anxiety
- promote self-understanding and self-love
- allow people to become more aware of what instills hope and faith in themselves and others

As American author and poet Aberjhani once said, "Dare to love yourself as if you were a rainbow with gold at both ends."

The mantra for this activity is "Live each moment with happiness, love and laughter!" The Beads of Courage Joy Bead is a featured bead of this Bead Strong activity

## Intervention: Bead Strong Workshop

Beads Strong is a creative and expressive art activity that provides a mindfulness-based experience by:

- integrating breathwork, creative and symbolic art, and mantras into practice
- using beads, the earliest art form known to humans, as an object of focused intention

### Beads & Mantras



- providing an opportunity to pause and reflect in a variety of settings
- incorporating themes such as strength, hope, love, peace, life, courage, inspiration, laughter, spirit, and joy
- being adaptable to meet unique needs and situations
- allowing facilitators to integrate their own skills into the session



## Implementation

The Bead Strong workshop is facilitated by caring clinicians of various disciplines who seek an authentic presence with others.

The workshop is appropriate for many different types of settings such as:

- Hospitals and clinics
- Hospice and palliative care facilities
- Community-based settings
- Support group settings
- Professional in-services & conferences
- Staff meetings or clinical supervision



**Step 1** → Introduce the activity and importance of mindfulness

**Step 2** → Say the mantra and review its purpose

**Step 3** → Set the stage for a meaningful moment with a breathwork exercise

**Step 4** → Invite participants to turn their attention towards the creative and expressive art activity

**Step 5** → String the Bead Strong Bead which serves as an object of focused intention exclusive to the experience

## Results

- Positive feedback from participants & facilitators:
- "The reflection piece ... really helps patients and parents talk through things and build on their strengths."
  - "... find it supportive when we have used it together to focus more on staff self-care."
  - "I really needed this today!"
  - "I have been very worried about my baby; this was time for me."

## Discussions/Conclusions

Bead Strong is a mindfulness-based creative and expressive art workshop that:

- is created with the patient and family in mind, but also the clinician
- can be used as a clinical intervention
- is a turn-key tool that clinicians can use to achieve their therapeutic goals
- encourages participants to practice mindfulness which contributes to an overall sense of well-being
- teaches that mindfulness is an important daily life skill

## Implications for practice

Clinicians have access to a tool that:

- is suitable for a variety of circumstances
- facilitates a simple way to authentically connect with others
- promotes the practice of loving kindness towards ourselves and others
- instills faith and hope and honors others
- is open to mystery and allows miracles to enter
- incorporates arts and mindfulness which has been used throughout history to express and communicate both divine and human experiences
- contributes to people's overall well-being
- advances the science of caring

## Contact Information

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