

Instructions to discuss with Clients

Mask Project for Art Therapy

Masks are an excellent technique to have in your art therapy tool bag, especially for groups. This project encourages self-reflection, expression, and it will sometimes allow you to start difficult conversations. Even some of your most private clients might be willing to share what they've created. Plus, it's fun.

We encourage you to be creative and use these masks as you see fit, but here's an example of how we have used them with success:

1. Provide each client with a paper plate to draw a picture of themselves that will be a mask (cut them out if they would like).
2. Have various art tools available. Pencils, pens, and crayons are a good start. Throw in some old magazines to allow collages for clients who aren't as confident in their artistic ability.
3. Ask your clients to use the front of the mask to depict how they believe others see them through the use of drawings, symbols, and words. On the back of the mask, ask them to depict how they see themselves, especially in ways that differ from the front of the mask. Or, get creative with this step and come up with some new way to use the masks.
4. Allow clients to share and discuss their masks. Some clients won't be comfortable sharing their artwork, but you can always ask them to talk about the content without actually showing their work.

Building New Habits

Differentiate between goals and habits. Goals are outcomes, such as "getting healthy." Habits are the actions you take to achieve a goal. For example, eating vegetables with each meal and exercising every day.

Start with small changes. Make incremental changes toward the behavior you want, and work your way up from there. Even if you improve at something only 1% every week, the changes that accumulate over months or years are massive.

Update your environment. Make changes that encourage your new habit and discourage unwanted habits. If you would like to eat healthier, keep a bowl of fruit on the counter, and put unhealthy snacks out of sight.

Tie new habits to other activities. Make a plan using the format: "After ____, I will ____." For example: "After each meal, I will read for 5 minutes." This is a simple way to remember your habit each day and encourage consistency.

Some practice is better than no practice. Even if you don't have a lot of time or energy, do *something* toward building your habit. Too tired for a long walk? Walk for 5 minutes. Too busy to read a whole chapter? Read one page. Consistency builds habits.

Tell someone you're starting a new habit. Doing so creates accountability and makes it more difficult to back out of your commitment. Also, once others know you're working toward a goal, they may offer encouragement and support.

Track your habit. Keep a journal, calendar, or spreadsheet to record your habit each time you practice. It can be satisfying to record your behavior, and to look back and see all the hard work you've put in. Plus, it can be motivating to keep a habit streak alive.

Celebrate your successes. Healthy habits tend to have long-term benefits that take time to kick in. While you're waiting for these, give yourself immediate, small rewards to sustain motivation. Just make sure they don't contradict your goals.

Habit Plan

Developing new healthy habits is an important part of working toward long-term goals. For example, the goal of improving your health can't be achieved without habits such as eating healthy or exercising. Creating a habit plan will help you get started.

instructions

Step 1: Connect your new habit to an existing habit.

Tying new habits to things you already do is an effective way to make them part of your routine. Instead of planning to "go for a walk later", plan to "go for a walk right after dinner every evening".

After existing habit, I will new habit.

Step 2: Reward success.

When you are successful, treat yourself to a small reward. Rewards should not contradict your habit (e.g. a big dessert for eating a healthy meal), and they should be something you can do regularly. Even small rewards will reinforce a new habit.

After new habit, I will reward.

examples

Step 1: After I brush my teeth at night, I will do 10 push-ups.

Step 2: After I do 10 push-ups, I will relax for 30 minutes.

Step 1: After I get on the bus to work, I will practice deep breathing for 10 minutes.

Step 2: After I practice deep breathing, I will listen to music.

practice

Step 1: Connect your new habit to an existing habit.

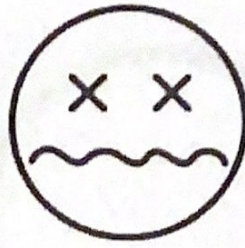
After _____, I will _____.

Step 2: Reward success.

After _____, I will _____.



Overwhelmed



Bored



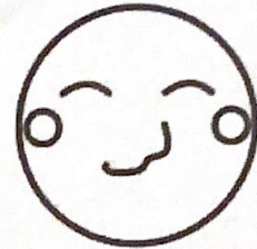
Hyper



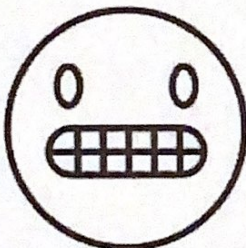
Thankful



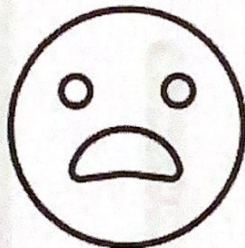
Glad



Anxious



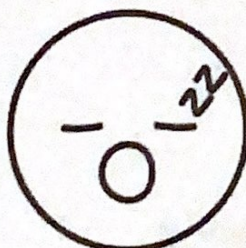
Sorry



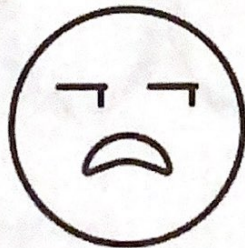
Scared



Embarrassed



Sleepy



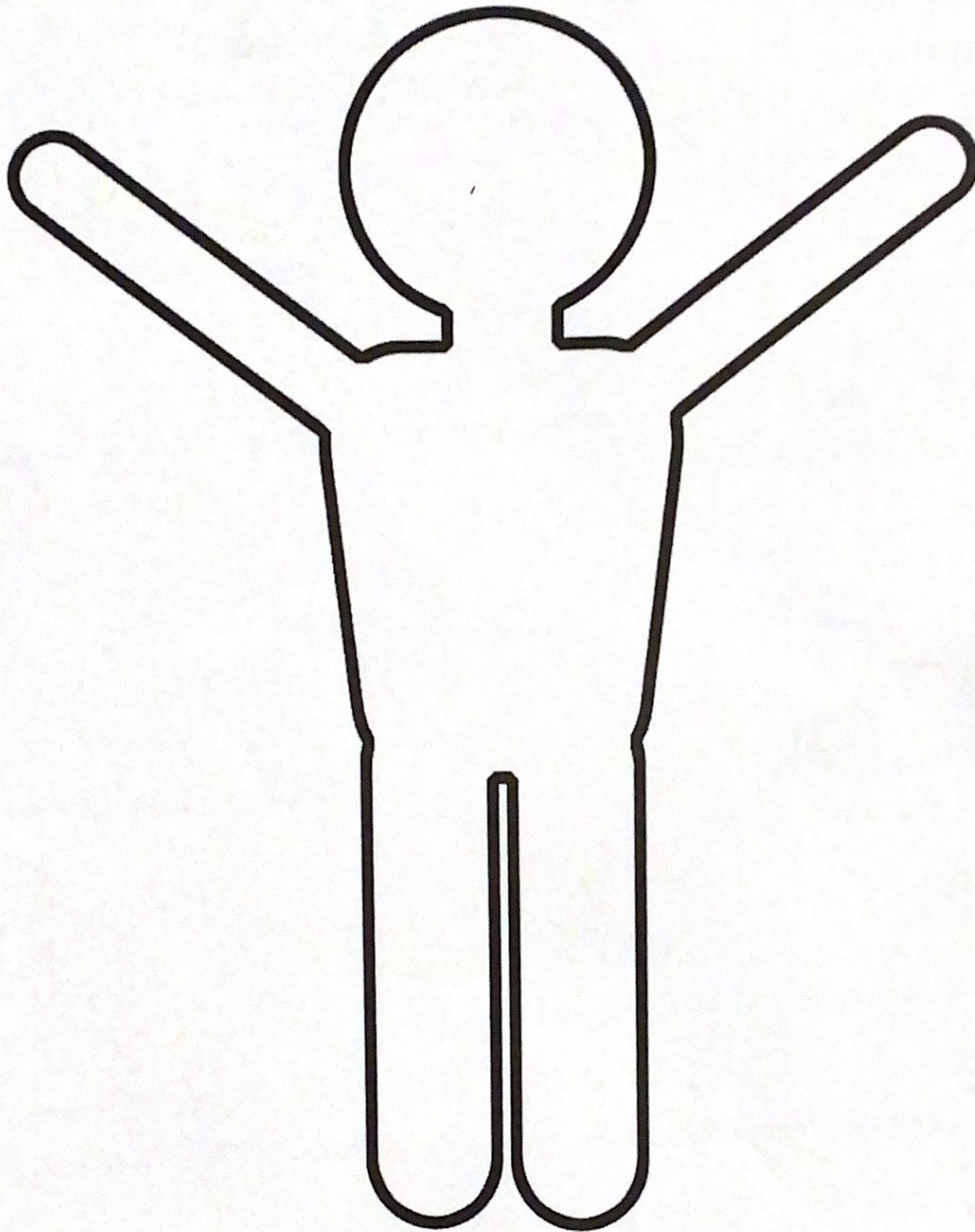
Jealous



Content

Where Do I Feel?

We can recognize emotions by feeling them in our body. Color in where you feel each emotion.



Sadness

Happiness

Fear

Anger

Love

Color:

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