

LINE DESIGNS HANDOUT

Art for Fostering Resilience in Youth Who Have Experienced Trauma

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WHAT'S WORTH REPEATING?

Relax. Play Music. Create repetitive line designs. Creating repetitive art can relax our brain and enhance wellbeing. **Resiliency** is the ability to bounce back after adversity. **Protective factors** that foster resilience include optimism, sense of belonging, vision for our future, contributing the wellbeing of another, sense of humor, mastery of something and persistence. (Heise 2010, 2019)

Brainstorm things in your life that are worth repeating. (positive thoughts, friendly actions, smiling, being resourceful, focusing on self care....)

Brainstorm things in your life that are NOT worth repeating. (negative self-talk, hanging on to friendships that do not bring out the best in us,)

