

# LET YOUR HEART SING! HEALTH AND WELLBEING

 Health often equated with the absence of disease/infirmity (medical model)

 Health can also be thought of as an ongoing/in-flux state of (well-)being within the context of the inter-related aspects of our individual lives (wellness model):

- Being free of disease, pain...
- Being active and able to do what you want/need to do
- Being in good spirits and feeling “healthy”

 Interrelated aspects = interconnected realms or “dimensions” of wellness:

- Physical
- Emotional/psychological/mental
- Spiritual
- Social
- Cognitive/Intellectual
- Occupational
- Financial
- Environmental

# LET YOUR HEART SING! MINDFULNESS AND CREATIVITY

-  Health and wellbeing can be enhanced through mindfulness practises and contribute to one's overall happiness--in the context of long term, overall dispositions, not necessarily transient moments of happiness (which are okay too!).
-  Creative activities are one method to cultivate mindfulness
  - By mindful, I mean being actively engaged in an activity to the extent that you are less likely to be distracted
  - By active engagement, I mean that you are active in the event/activity, not just a passive observer [unfortunately, watching tv and reading books don't count!]
-  The prompts on the following slides are intended to facilitate any creative process that you are comfortable engaging in.
-  I encourage you to seek out inspiration and opportunities for creation in your daily lives!

[\(This album\)](#) was suggested by a participant as another inspirational, creative prompt. Thank you!

# INSPIRED BY IDEAS...

- In the last two days, we've all been exposed to a lot of new ideas, old ideas, challenging us and reminding us of things we thought or knew... Sometimes it is difficult to reconcile new ideas with the old; perhaps we have to let go of one belief in order for a new one to be valid; perhaps we resist the new idea because we just don't like it...or we just don't know how to move forward/implement work in the context of this new perspective! Think about a time in your life (not your library or publishing life!) when you had to let go of something in order to make room for something else. What were the feelings you experienced? Was it difficult or easy? What helped you to finally let go?
- The Fictive in literature, poetry, film, and theater are stories that present a reality that could have been, and a truth that is often more clarifying than the real events. We are often changed by the fictional stories we have experienced. Tell a story about the moment a fictional narrative – book, movie, theater, etc. – changed you.  
(Lambert, 2013, p. 86)

(Joe Lambert. *Seven Stages: Story and the Human Experience*. Digital Diner Press, 2013.)

(Listened to the first 3 songs on [https://www.youtube.com/watch?v=mO6nH\\_bPCkk](https://www.youtube.com/watch?v=mO6nH_bPCkk))

# INSPIRED BY ART...

## *Strength Working Together*

<https://www.sa-cinn.com/wp-content/uploads/2016/08/7999AC.jpg>

"Simone McLeod is a Cree-Ojibway who is originally from Winnipeg, Canada. She is a member of the James Smith Cree Nation in Saskatchewan and has been artistically motivated from the age of thirteen. However, she did not pursue painting until much later in her life. Simone began by experimenting with various mediums such as pencil, ink, charcoal, and pastels. At that time, her subjects mainly consisted of human portraits and wildlife."

(From: <https://sa-cinn.com/simone-mcleod-artcards-prints/>)

(Listened to the the 4th song on [https://www.youtube.com/watch?v=mO6nH\\_bPCkk](https://www.youtube.com/watch?v=mO6nH_bPCkk) and [https://www.youtube.com/watch?v=hAfAL\\_0OUjY](https://www.youtube.com/watch?v=hAfAL_0OUjY))

# INSPIRED BY POETRY...

## *Laughing Song*

When the green woods laugh with the voice of joy.  
And the dimpling stream runs laughing by;  
When the air does laugh with our merry wit.  
And the green hill laughs with the noise of it;

When the meadows laugh with lively green.  
And the grasshopper laughs in the merry scene;  
When Mary and Susan and Emily  
With their sweet round mouths sing "Ha ha he!"

When the painted birds laugh in the shade,  
Where our table with cherries and nuts is spread:  
Come live, and be merry, and join with me,  
To sing the sweet chorus of "Ha ha he!"

(Blake, William. *The Songs of Innocence & Experience, Shewing the Two Contrary States of the Human Soul*. Trianon Press for the William Blake Trust, 1955.)

(Listened to the first 3 songs on: <https://www.youtube.com/watch?v=XYekRSvcRrU>)

# INSPIRED BY MUSIC...

Spiegel im Spiegel for Cello and Piano

<https://www.youtube.com/watch?v=FZe3mXlnfNc&list=RDYokhtgUh1yM&index=3>

Arvo Pärt (1935-) is an Estonian composer, considered to be one of the greatest living composers. He has just been awarded the [2023 Polar Music Prize](#).