




The Modern Creative
Woman Publishing Co.



The Modern Creative Woman Creative Rest



Creative rest restores
your vibrance and
excitement for life.

Presence - Mindset - Purpose

1

Presence

Your presence includes getting out of your mind and getting into your life, making contact with the present moment and seeing yourself as the "context" for your life experiences. Your internal presence can be whatever you decide it to be in each moment of your life.

2

Mindset

Your mindset includes acceptance of what you are currently thinking and feeling as well as the circumstances you are facing. Acceptance of what currently exists is necessary before attempting to make any changes. Mindset also includes forging a new working relationship with your thoughts and practicing conscious & creative thinking.

3

Purpose

Your purpose includes both your personal values and the action steps you take in alignment with your values. It is through your purpose that you engage with your life, choose what is most important, and make committed actions to demonstrate your values to yourself and others.

PRESENCE

Present Moment Awareness & Yourself as Context

Presence - your ability to make contact with the present moment, separate from your thoughts and feelings about it. This means observing what is happening outside of you as well as observing your thoughts and feelings in the present moment.

Self as Context - Seeing yourself as the context for your life means you are the anchor. Whatever happens inside of you (thoughts, feelings, bodily sensations) as well as whatever happens outside of you (people, places, circumstances) is separate from your experience as a human being. You might think of your "context" as your spirit, your core self, your essence. In other words, you as the context is the view of yourself as the person experiencing your life. For example: you are the journal on which your story is written. Rather than being the story itself, you are able to truthfully see yourself as the journal on which the story is written. Another example: You are the canvas on which you create the painting of your life. Instead of being the paint, you accurately see yourself as the canvas.

Remember, your presence includes getting out of your mind and getting into your life, making contact with the present moment and seeing yourself as the context for your life experiences. Your internal presence can be whatever you decide it to be in each moment of your life.

Creative Rest for Women

Creative rest involves engaging in restorative activities that nourish and revive your creative energy. It entails taking breaks from your daily routines to partake in activities that inspire, rejuvenate, and awaken your imagination. You likely already engage in creative rest and this course will teach you how to notice and appreciate it, take more advantage of your creative rest, and cultivate intentional moments when you need it most. Creative rest encourages you to explore new ideas, let your thoughts roam freely, and access your innate creativity without feeling the need to meet productivity standards or perform at your peak.

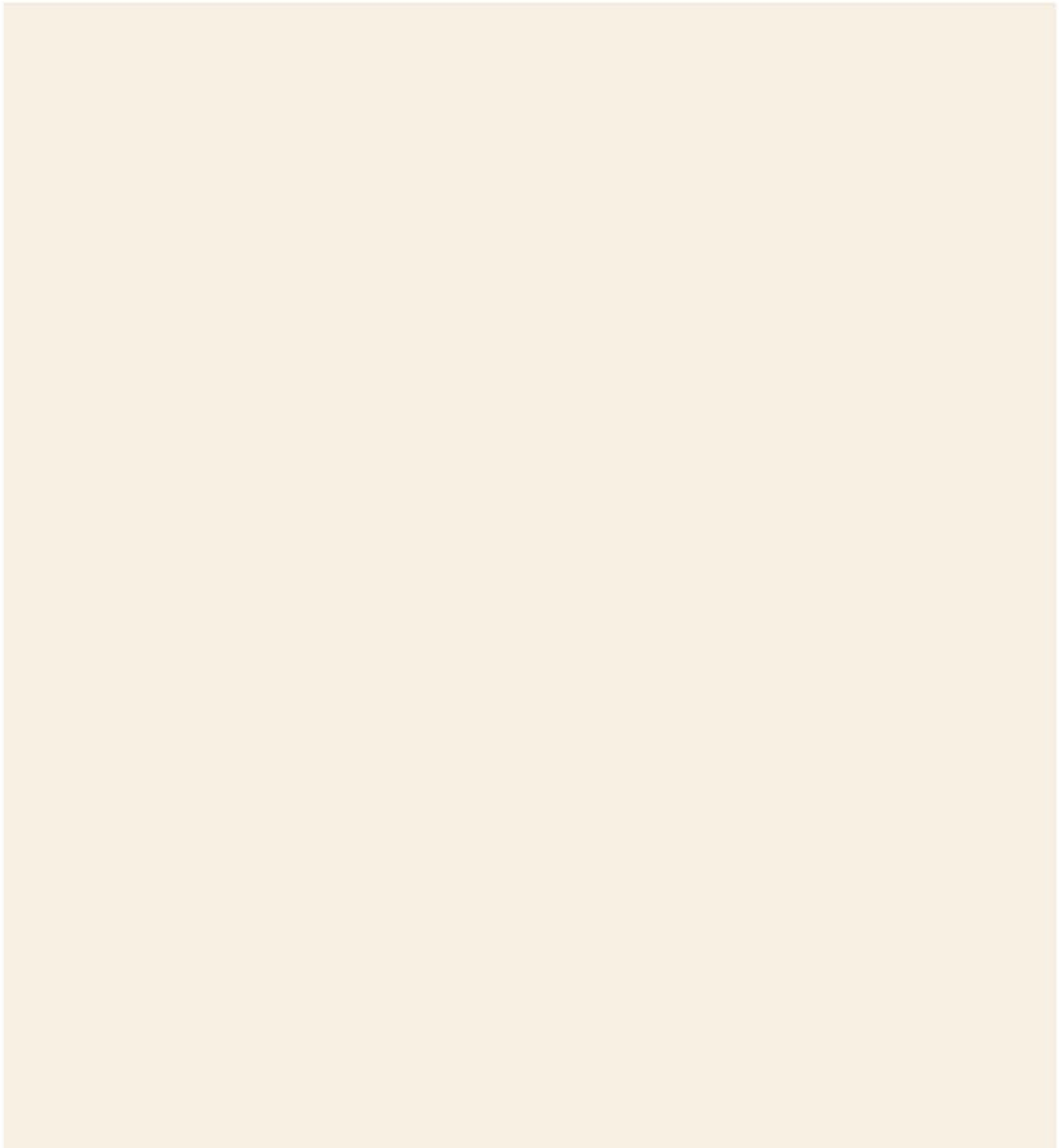
Unlike traditional forms of rest that often focus solely on physical relaxation, creative rest for women hones in on mental and emotional rejuvenation. It empowers you to immerse yourself in activities that bring joy and fulfillment, such as art, writing, crafting, music, or any form of creative expression that resonates with your soul. During these moments of creative rest, you grant yourself the freedom to experiment, explore, and bask in the act of creation without the pressure of predefined goals or outcomes.

Embracing creative rest as a woman not only provides your mind with a chance to unwind and reduce stress but also fosters a deeper connection with your inner self. It enables you to access a state of flow where time loses its grip, allowing you to be fully present in the moment and immersed in the pleasure of creative exploration. Ultimately, creative rest nurtures your artistic spirit, enhances your ability to find innovative solutions, and contributes to your overall sense of well-being and empowerment. This is good for you and everyone around you!

INTENTION

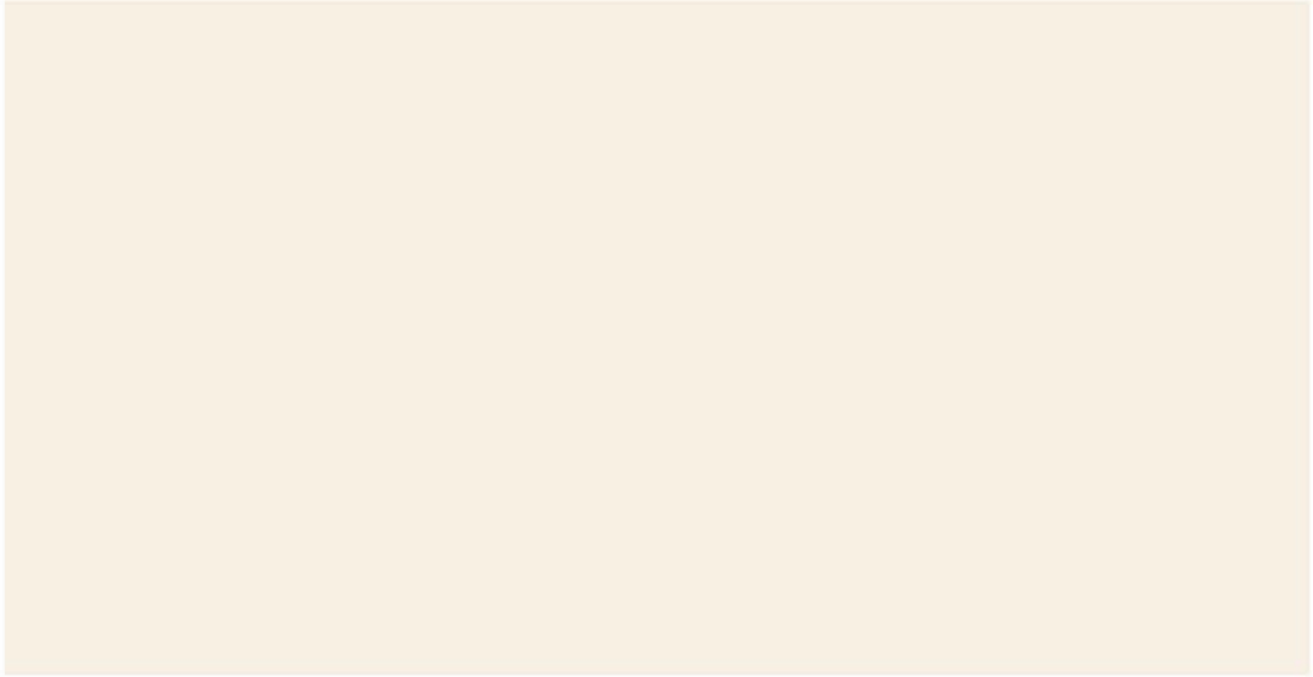
Describe what it will feel like when you are fully rested and feeling in touch with your authentic and creative self.

Take a deep breath and really imagine what that would feel and look like for you. Include what you will be thinking, feeling and doing in as much vivid detail as you can,

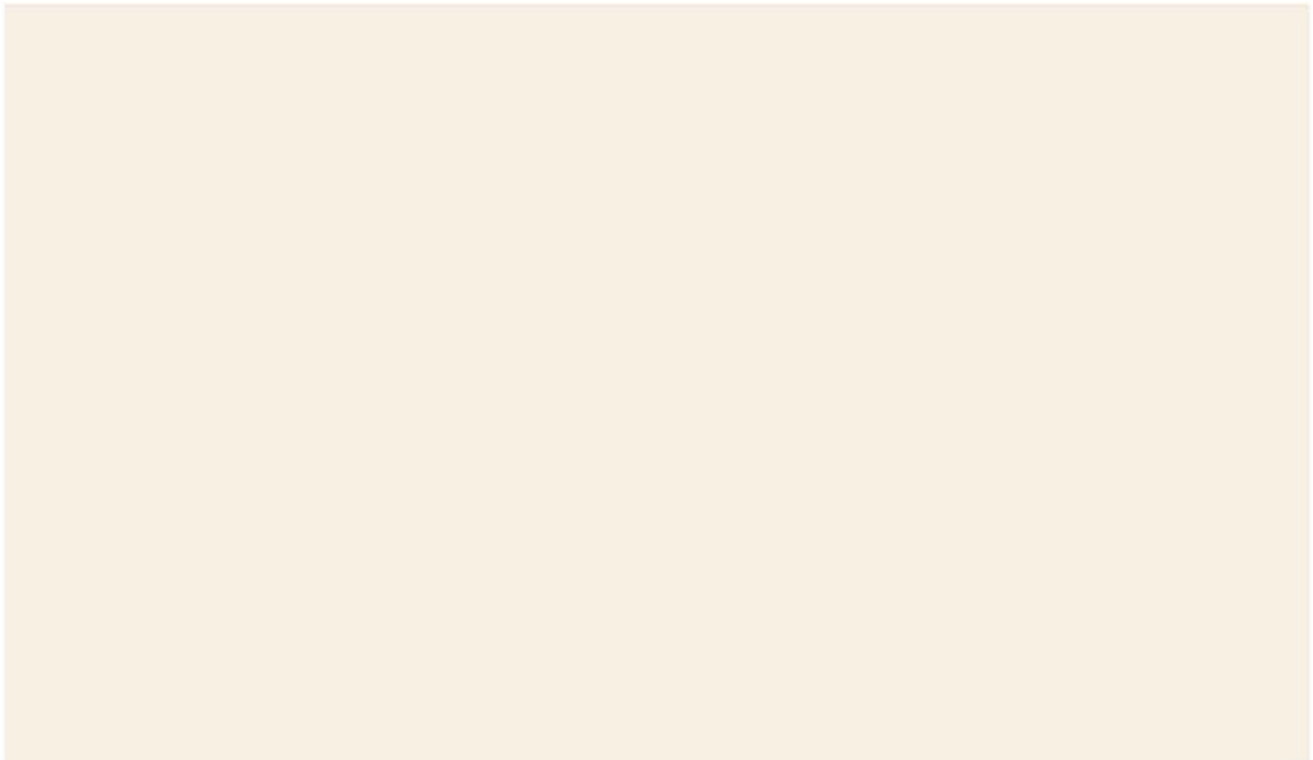


Getting in the Mood for Creative Rest

Envision a tranquil sanctuary where your soul finds solace and your creativity blooms. Describe this haven with delicate details—the soft hues, the tantalizing scents, the gentle whispers of inspiration.

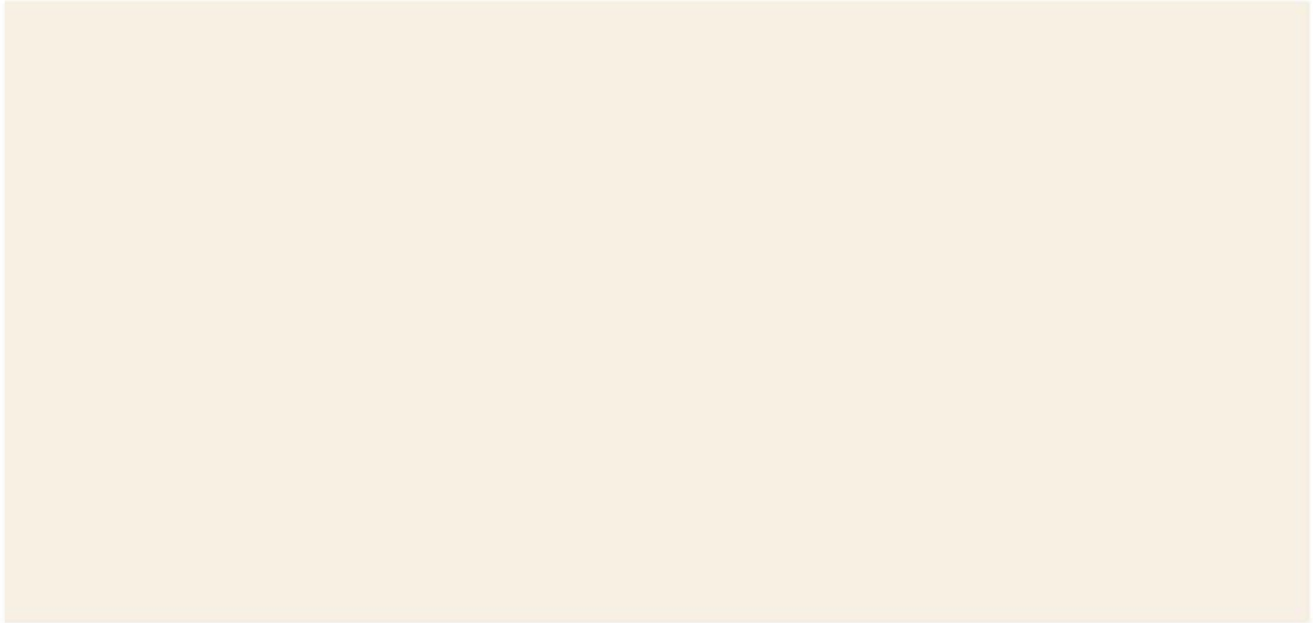


Create an image below to reflect your tranquil sanctuary. Give your art work a title.

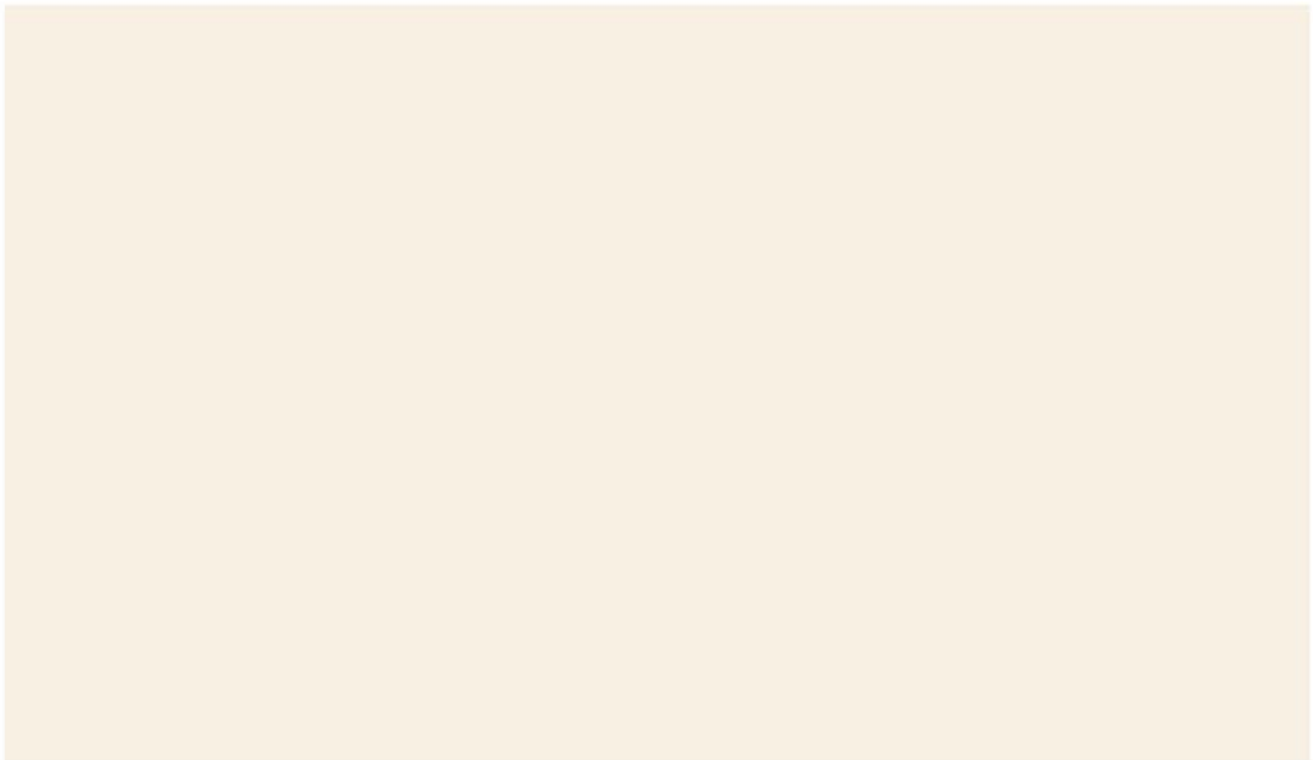


Sensual Symphony

Turn on some sensual music...I personally love the singer Sade for this exercise. Light a candle if you have one. Close your eyes and embrace the symphony of all your senses—the textures, the flavors, the movements, the smells and the sounds. Write about how these sensual experiences awaken your feminine creativity.

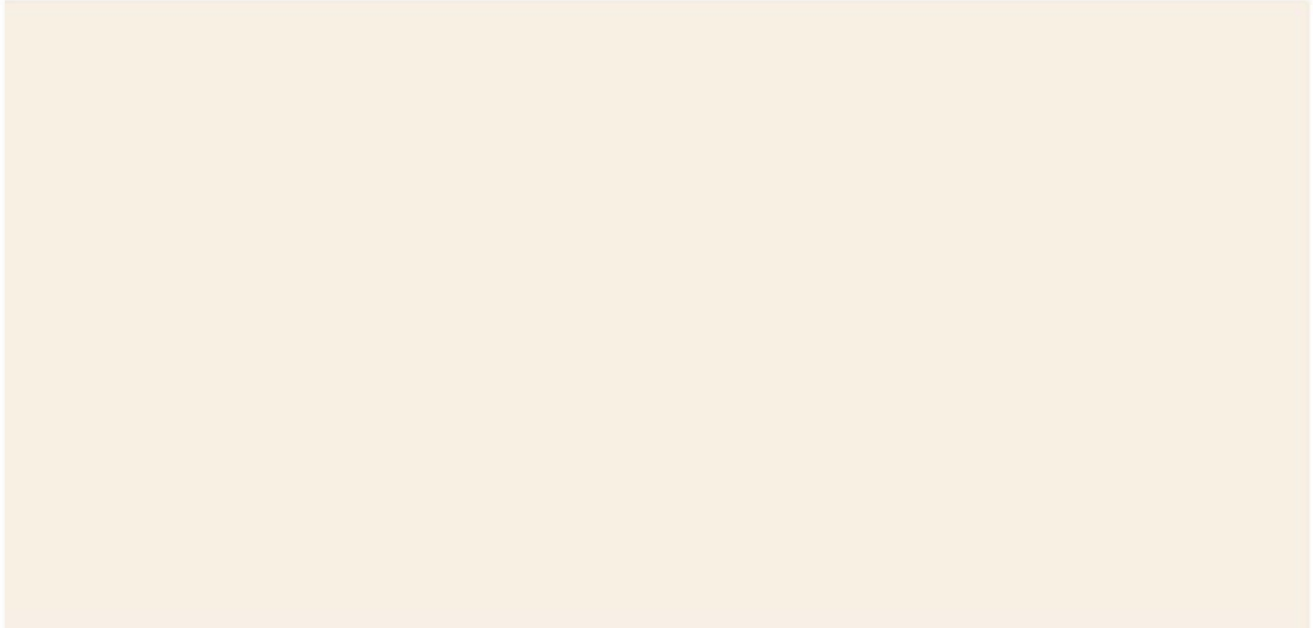


Create an image using lines, shapes and colors below to reflect your feelings of sensual textures, flavors, movements, smells and sounds. Give your art work a title.

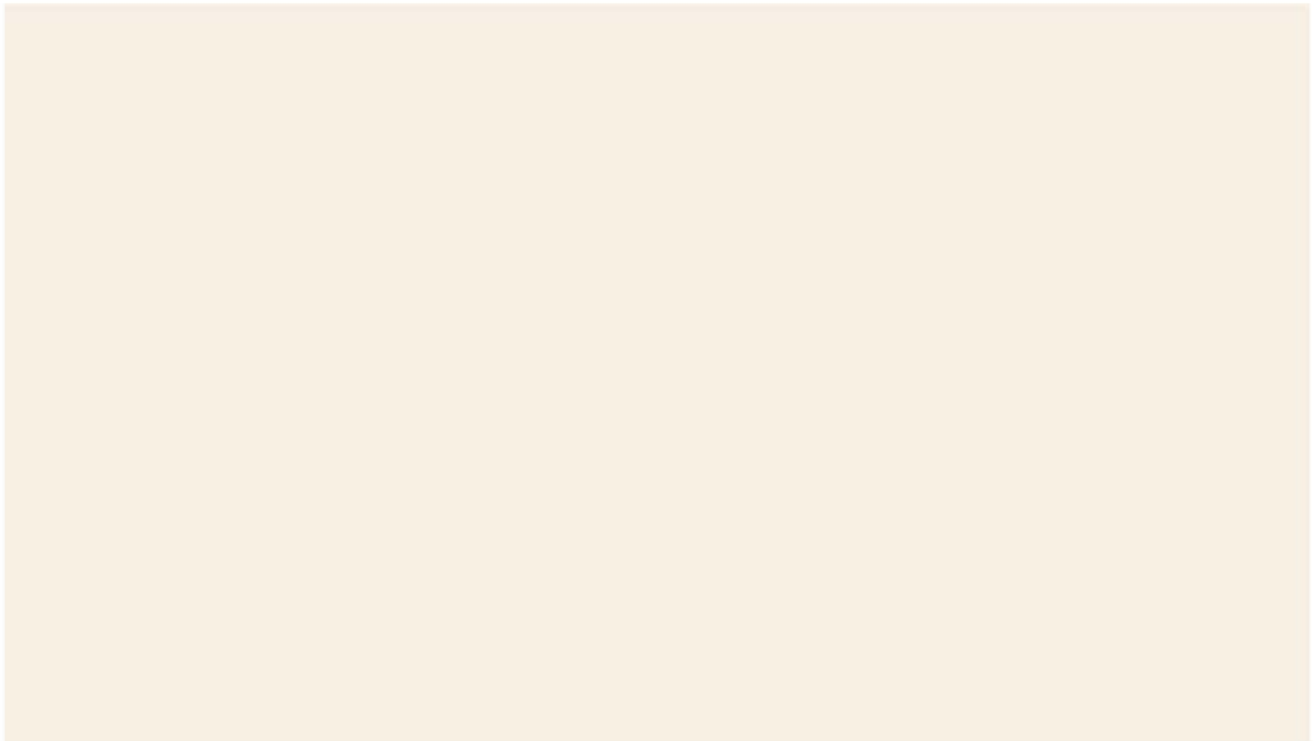


A Restful Hue

Select a hue from your colored pencils or paints that reflects your sense of rest and relaxation. You might even have a few colors that make up your emotional palette of rest. Dive into the emotions of ease, rest and calm. Use that color below and create lines and shapes to reflect these feelings.

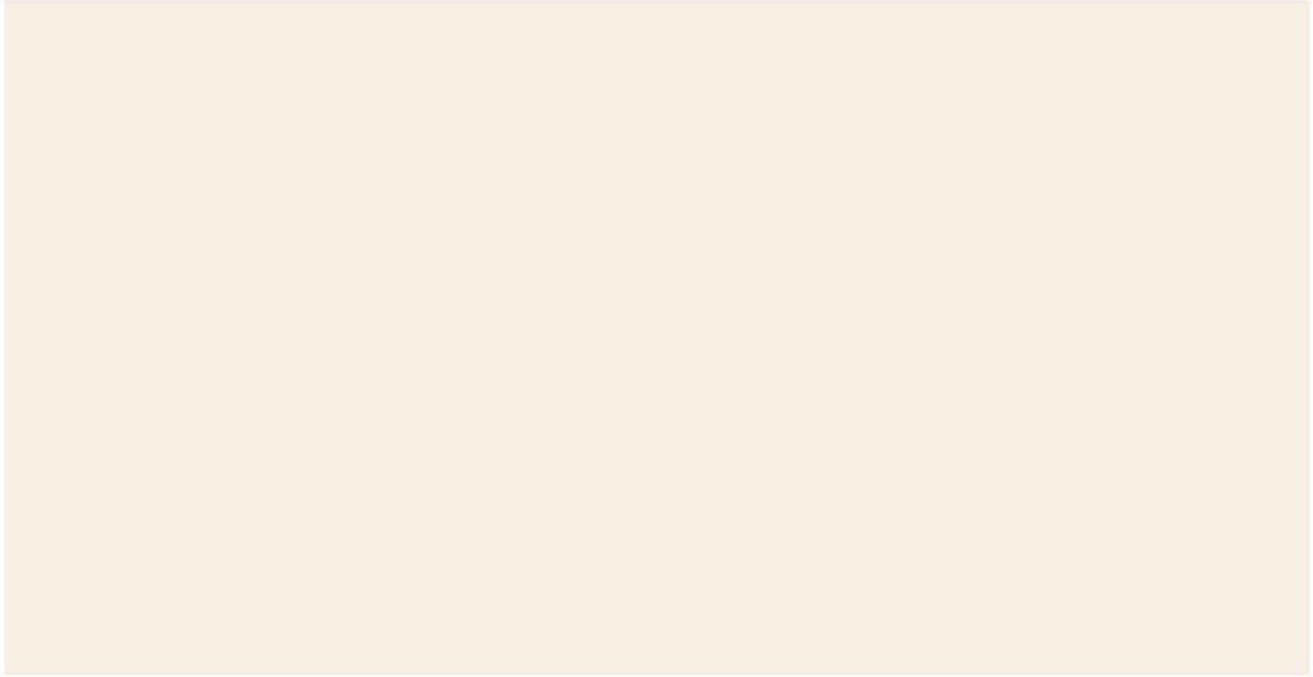


Where can you infuse this color's energy into your feminine creations? Where can you use this hue today - wear a shirt or scarf in that color, change your screen saver to this color, knit or crochet using this color yarn, etc. Brainstorm a list of 10 possible ways you can use this color today.

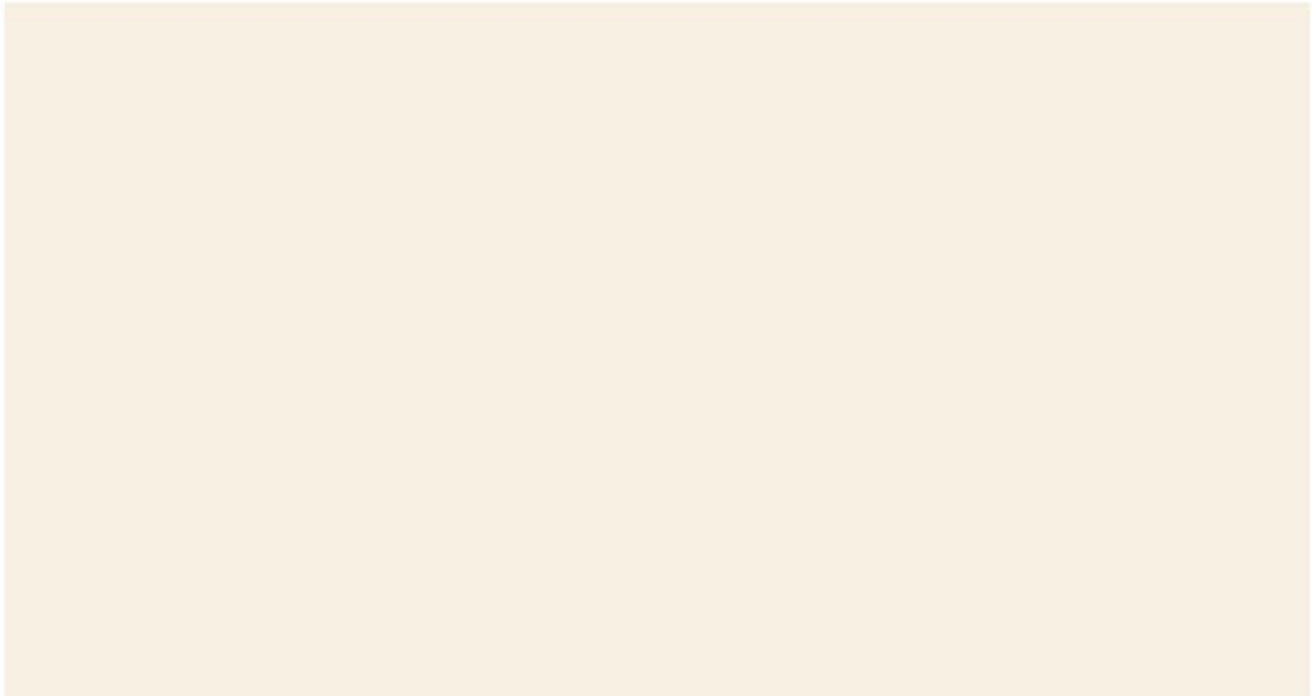


Breathing for Creative Rest

Create one continuous line to reflect 10 breaths. On each inhale, draw a line upward. On each exhale, draw your line going down. Keep your pen on the paper through all ten breaths. Go slow and match your drawing to your breath. Fill the whole space with your 10 breaths.



Repeat this exercise one more time using your fingers to trace your breath in the air, on a table or on your leg. Describe what you notice after practicing your breathing in this way. Remember, you can use this exercise anytime...in a meeting, while on the phone, at dinner. Nobody will ever know you are counting your breath or tracing your breaths.



REFLECTION

1. Reflect on a moment this week where you had creative rest. Savor the moment and notice as much detail as you can. What were you doing and how did you feel?
2. What did you have to do to get this creative rest? Set aside time? Slow down? Or perhaps just notice? Be as specific as possible so you can recreate this experience again next week.
Avoid judging yourself for what you did or did not do this week.

MINDSET

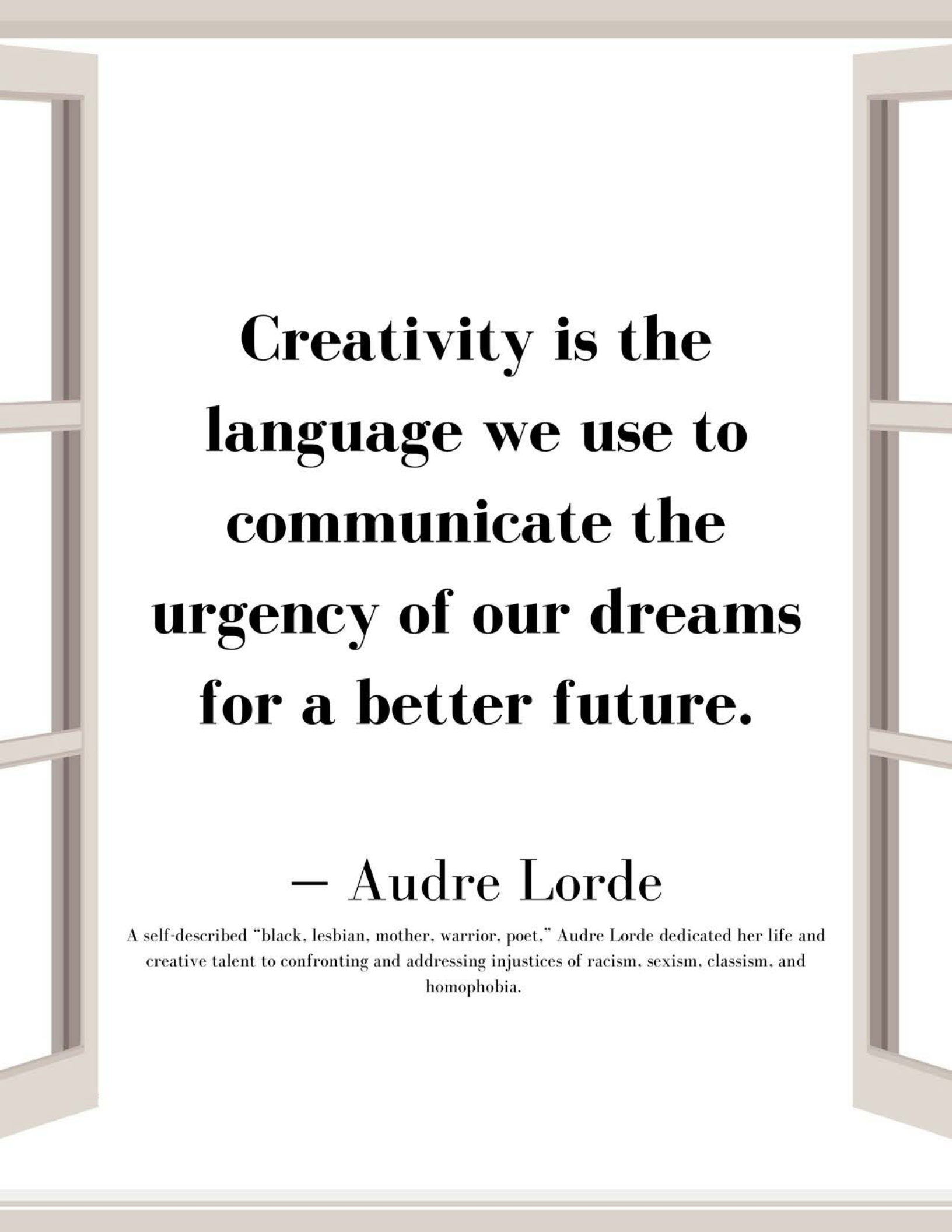
Acceptance & Relationship to Your Thoughts

Acceptance -Acceptance is your ability to see things for what they are. You understand your thoughts as "just thoughts" instead of perceiving your thoughts as "true" or facts. Acceptance is a core concept in changing your self-talk and beliefs about yourself. For example, if you have a negative thought about yourself, it is only a thought. You might be able to find piles of evidence to support your thought, yet a thought is just a thought. It is your brain firing - that is all. Acceptance also helps us be better in relationships by not taking things personally. For example, if someone says something to us, we can allow it to be what it is - just a comment.

Acceptance means we avoid distorting the comment into something negative or personal. This one change in your life can completely transform your relationship with your significant other, friends, family and coworkers.

Relationship to your Thoughts - Changing your relationship to thoughts frees you from negative self-talk and low self-esteem. Then you can transform your behaviors for health, recovery, and happiness. Your thoughts stem from your brain - not from your essence, spirit or core self. Thoughts are merely a product of your brain. Make your thoughts work for you instead of being swayed by negative thoughts. Start by observing; say "That is just a thought" each time you notice a thought.

Remember, your mindset includes acceptance of what you are currently thinking and feeling as well as the circumstances you are facing. Acceptance is necessary before attempting to make any changes. Mindset also includes forging a new working relationship with your thoughts and practicing conscious & creative thinking.



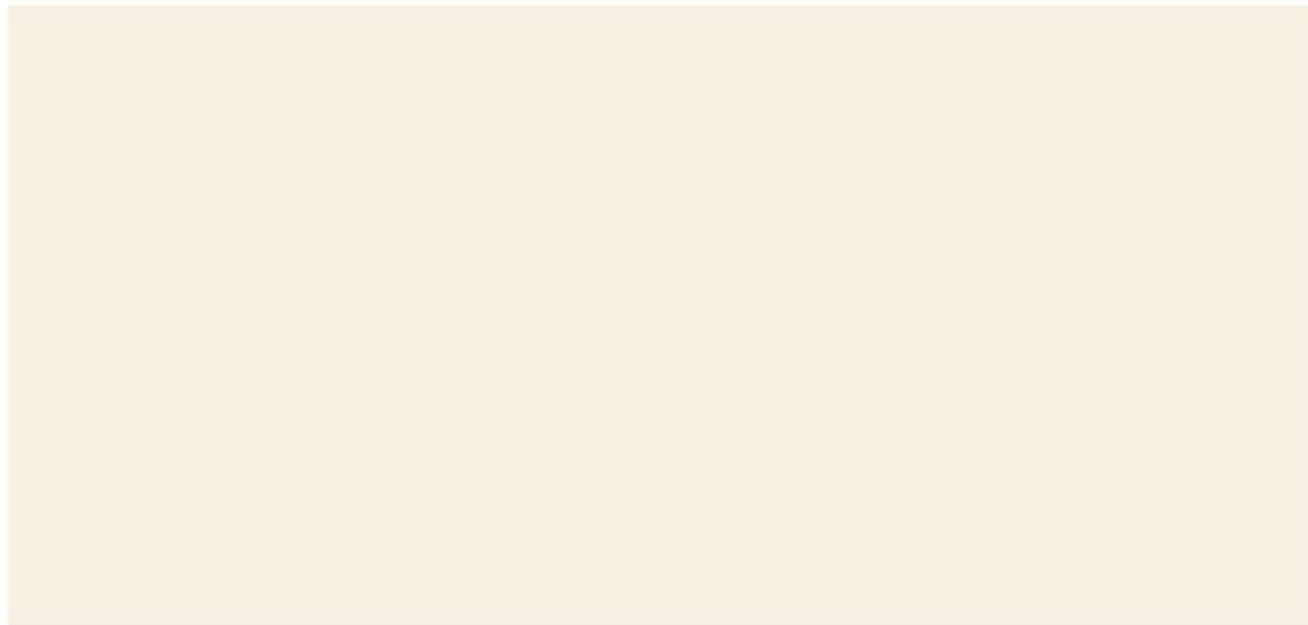
**Creativity is the
language we use to
communicate the
urgency of our dreams
for a better future.**

— Audre Lorde

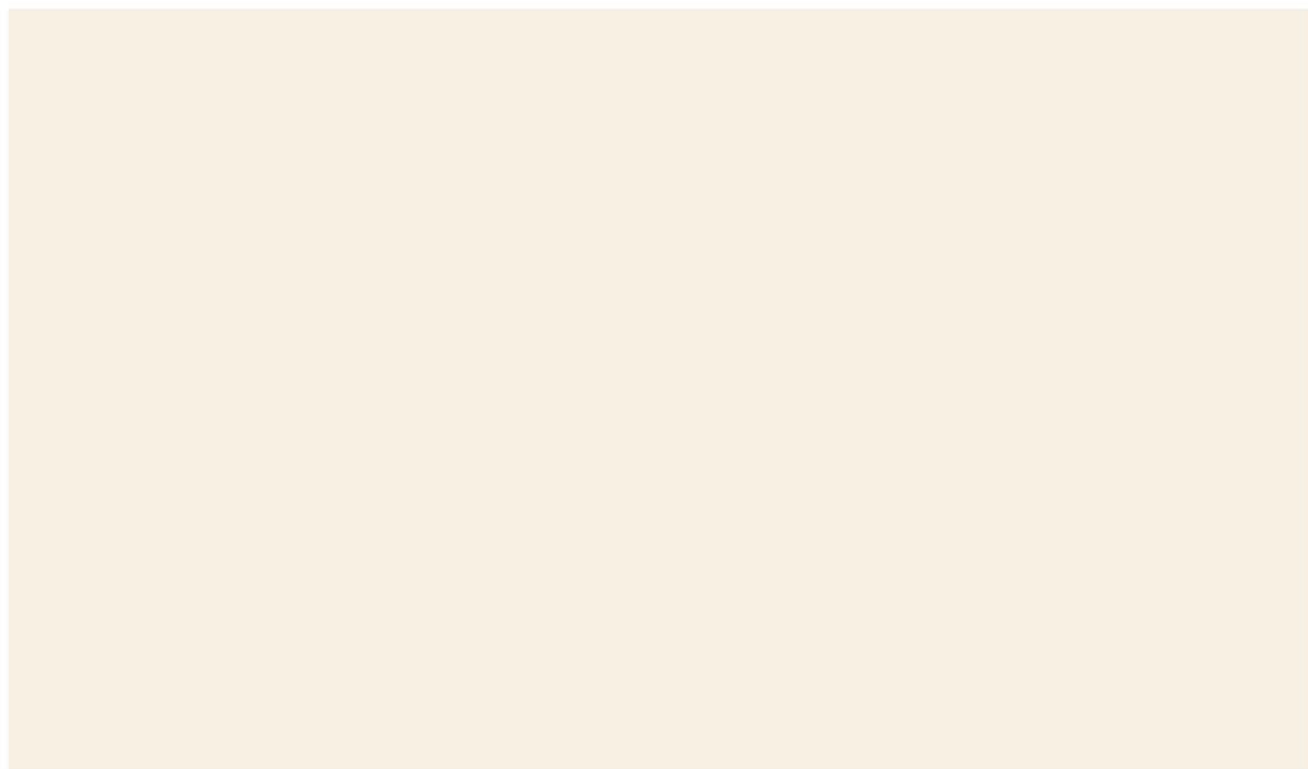
A self-described “black, lesbian, mother, warrior, poet,” Audre Lorde dedicated her life and creative talent to confronting and addressing injustices of racism, sexism, classism, and homophobia.

Childhood Wonder as Inspiration

Journey back to your girlhood memories, when the world was a canvas of wonder. How can you infuse that childlike curiosity and magic into your current creative pursuits? If you are unable to recall, imagine a little girl you know, and use her as inspiration to write about your own wonder and awe.

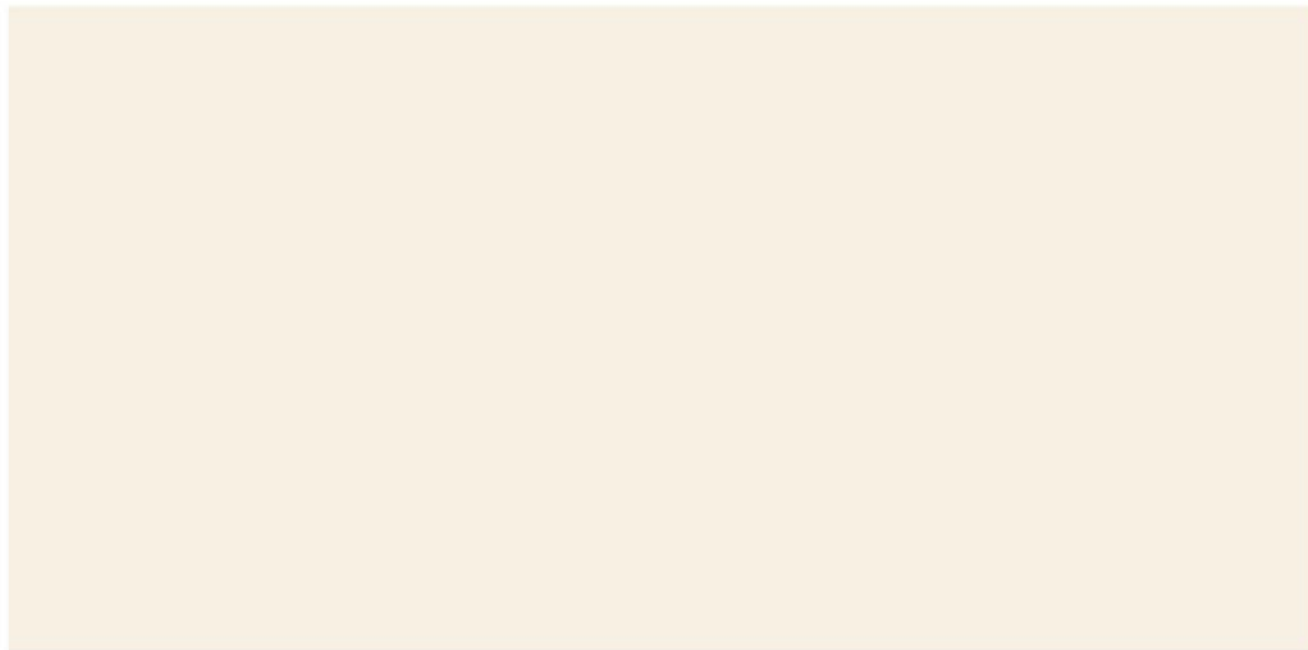


Create an image below to reflect your child-like curiosity. Give your art work a title.

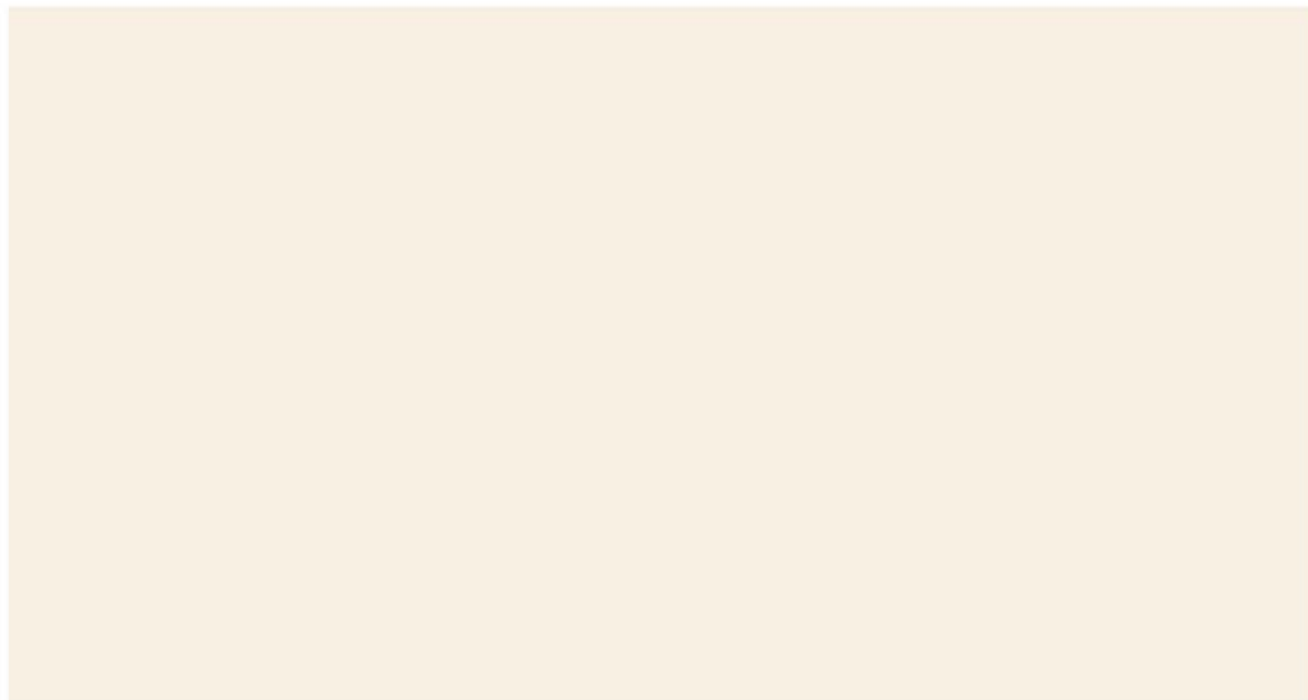


"Reify" your Creative Rest

Reify means "to make or consider something real." You are going to reify your creative rest in two ways. Craft an affirmation that honors your intention for creative rest. Write it with love and delve into how this affirmation will illuminate your creative path. For maximum impact, write it on a separate piece of paper and read it each evening before you go to bed and when you wake up.

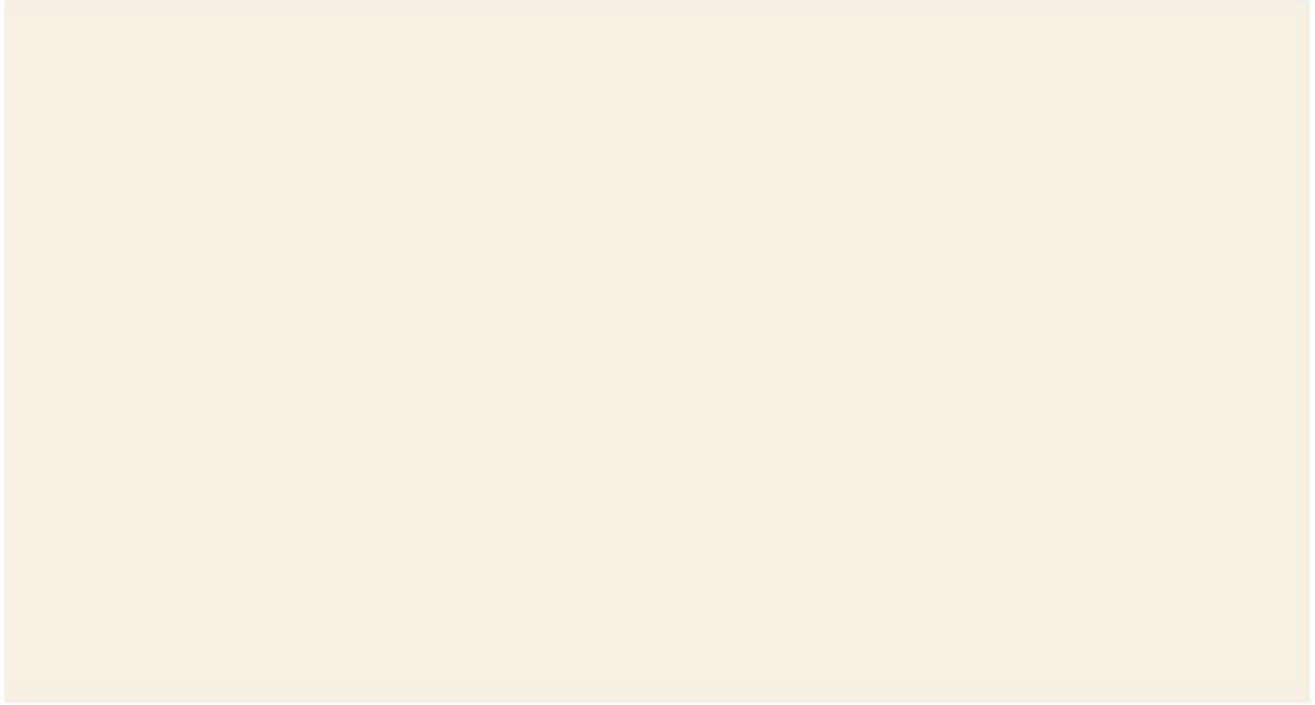


Find an object in your space right now that reminds you of your intention for creative rest - it might be a picture, an object, a candle, etc. Regard this object for one minute. Each time you see this object, remind yourself of taking a moment of creative rest.

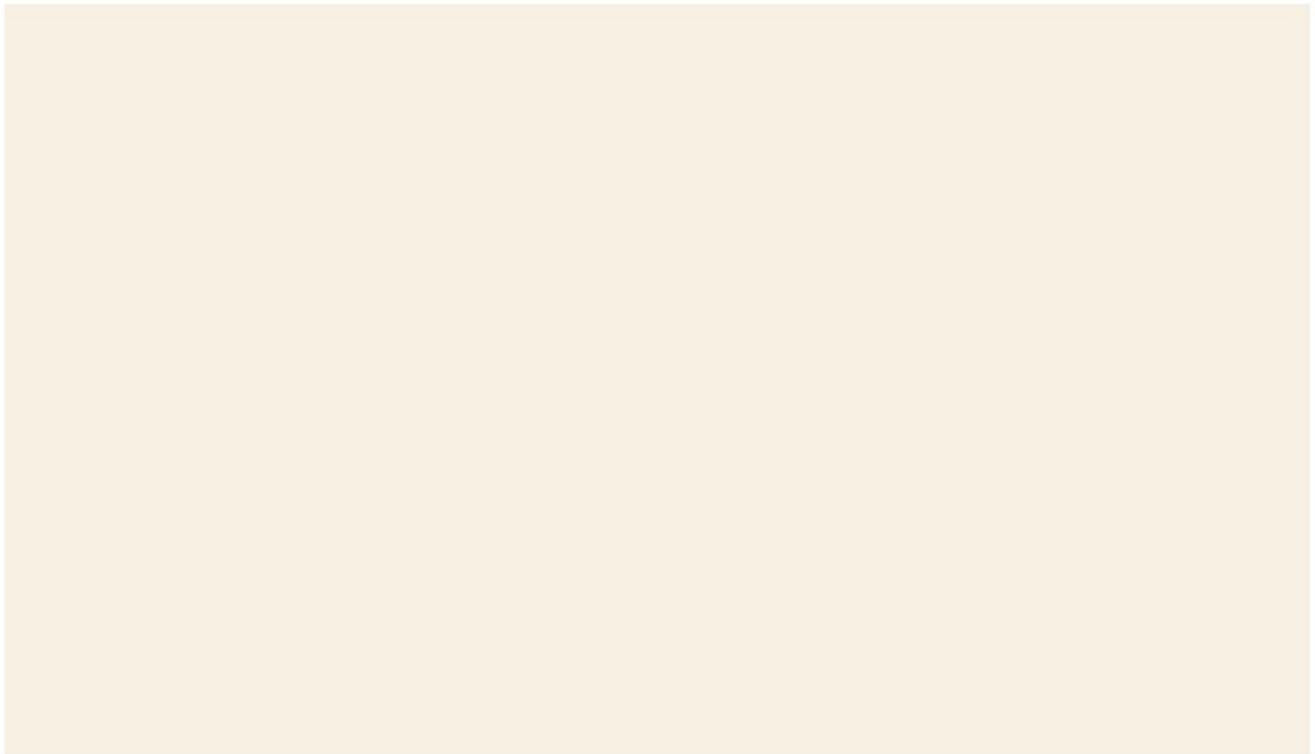


How You Want to Feel

Select how you would LIKE to feel right now. Find an image in a magazine or print a picture from Pinterest that reflects that feelings. Paste the picture here and give it a title.

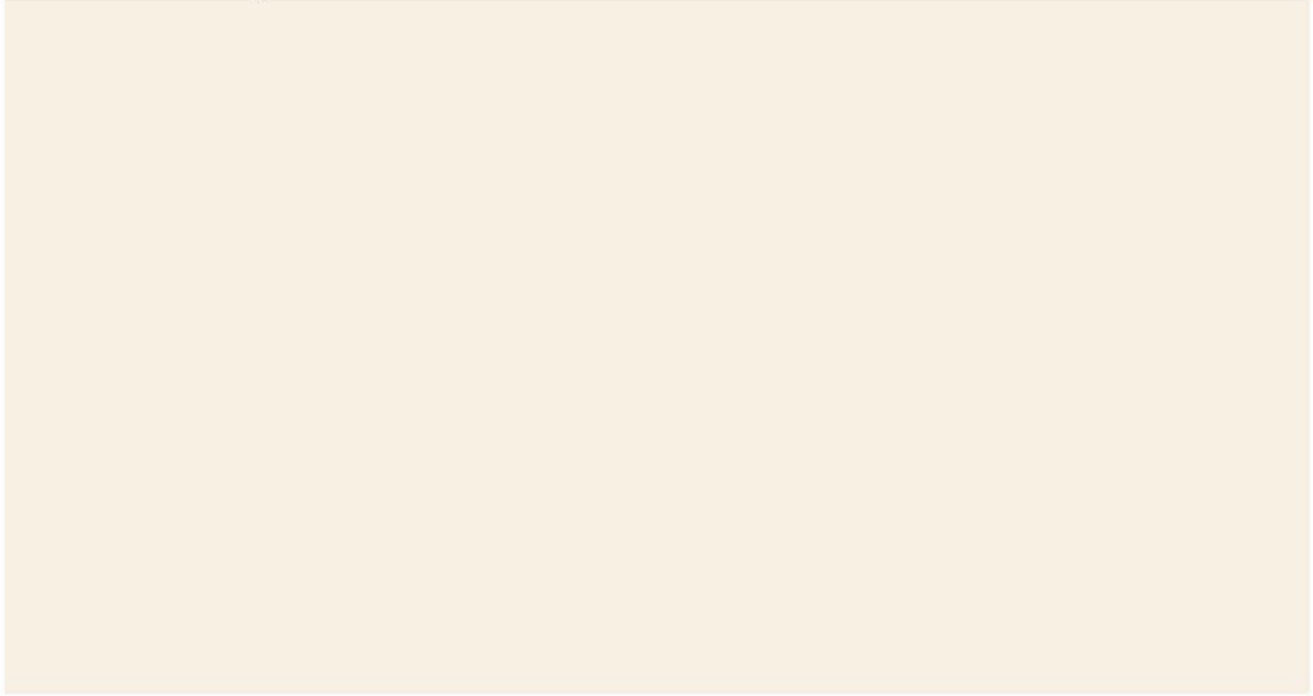


Brain storm 5-10 thoughts you would be having if your were experiencing this feeling. Pick one you like best and write it on a piece of paper and hang it where you will see it often today.

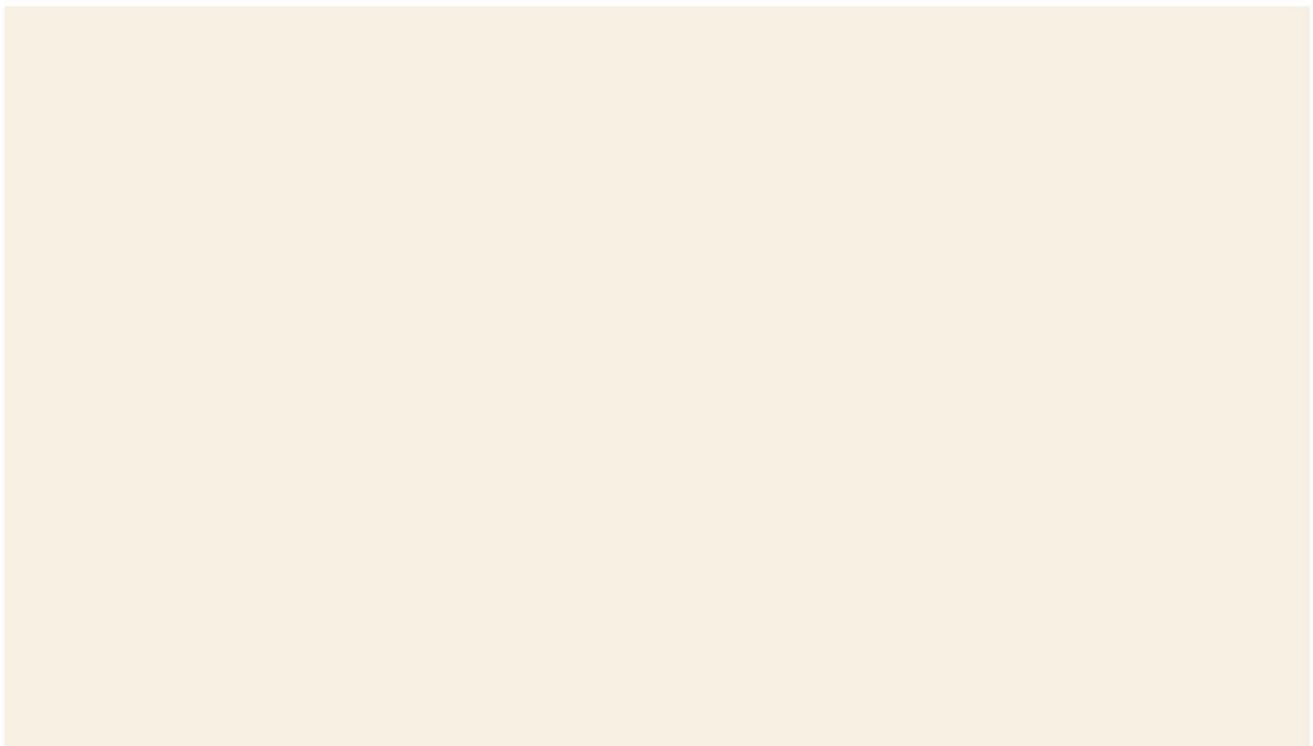


Happy Objects

Revisit the treasures of your girlhood—dreams, toys (Barbie anyone?), art, drawings (remember bubble letters?), stories, and whispers of imagination. Draw your happy objects or find a picture from Pinterest and paste it below.



What makes these so special for you? Write about these important objects below as if you were explaining their importance to a child.



REFLECTION

Reflect on what you noticed this week in your thoughts and mindset about creative rest. What will you remember about this week? Avoid judging yourself for what you did or did not do.

PURPOSE

Your Values & Committed Actions

Your purpose includes both your personal values and the action steps you take in alignment with your values. It is through your purpose that you engage with your life, choose what is most important, and make committed actions to demonstrate your values to yourself and others.

Purpose - your chosen presence and actions in the world. Your purpose is something you decide based on what you enjoy, have an interest in pursuing, and have an ability/aptitude for doing.

Values - what you decide is most important to you. You have values in many areas such as, health, intimate partner relationship, education, family, friendship, parenting, sports, spirituality, work/vocation, community, creativity, service, school, personal development, hobbies, etc. Your values are what YOU want to bring to each area and has nothing to do with what others are doing or even if they like what you are doing. For example you might value honesty in work. When you come across someone being dishonest at work, your values help you commit to acting honestly, even if you feel resentful, angry or tempted to become dishonest when you work with a dishonest person.

Committed Actions - how you demonstrate your values through your actions. Your actions directly reflect your values. Committed action is how you show your values to yourself and the world. Notice this is action, not thoughts or beliefs. If you live your values, they will show in your behavior. For example, if you truly believe in your health, then your behavior will show it through healthy food choices, exercise, managing your mind, learning what you need to know, practicing body care, and investing time and money in your health. If you only think or talk about your health, then it is a wish, instead of a value and committed action.

You own your attitude and your
responses.

They are your choice and your
responsibility.

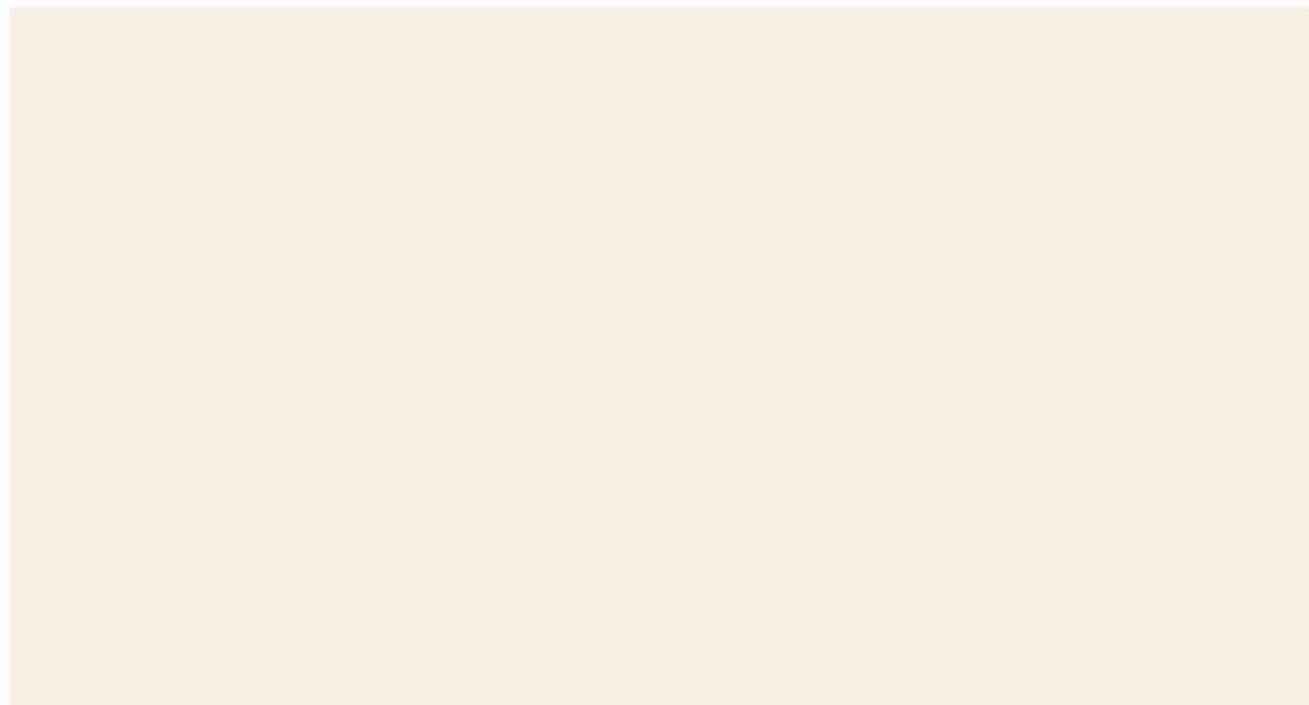
Your responses were influenced by
the past, but you get to decide if
you want to keep thinking the same
thoughts and making the same
choices.

Nobody else can choose your
current attitude and actions except
for you.

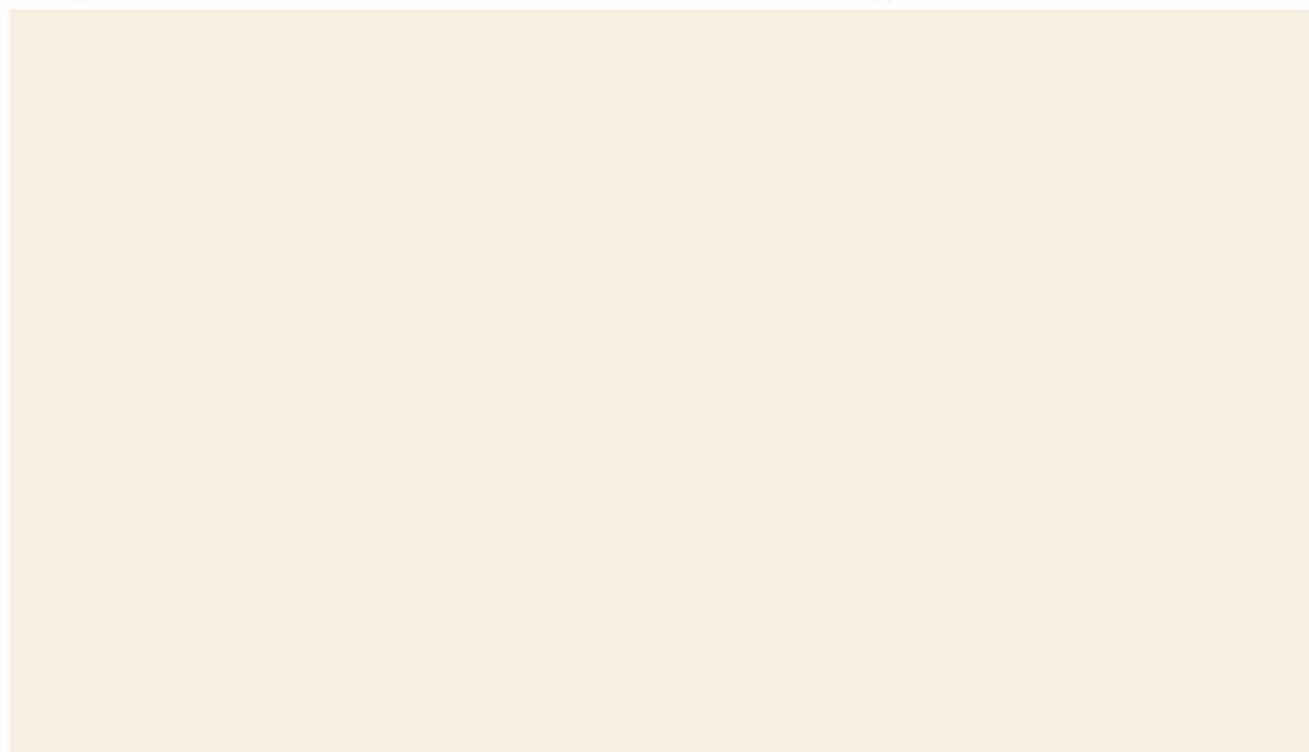
-Dr. Amy Backos

Making your Spirit Sing

List five activities that make your heart dance and your spirit sing. Select simple thing you can do anytime. How can you weave these activities into the tapestry of your days, nurturing your feminine creative essence?

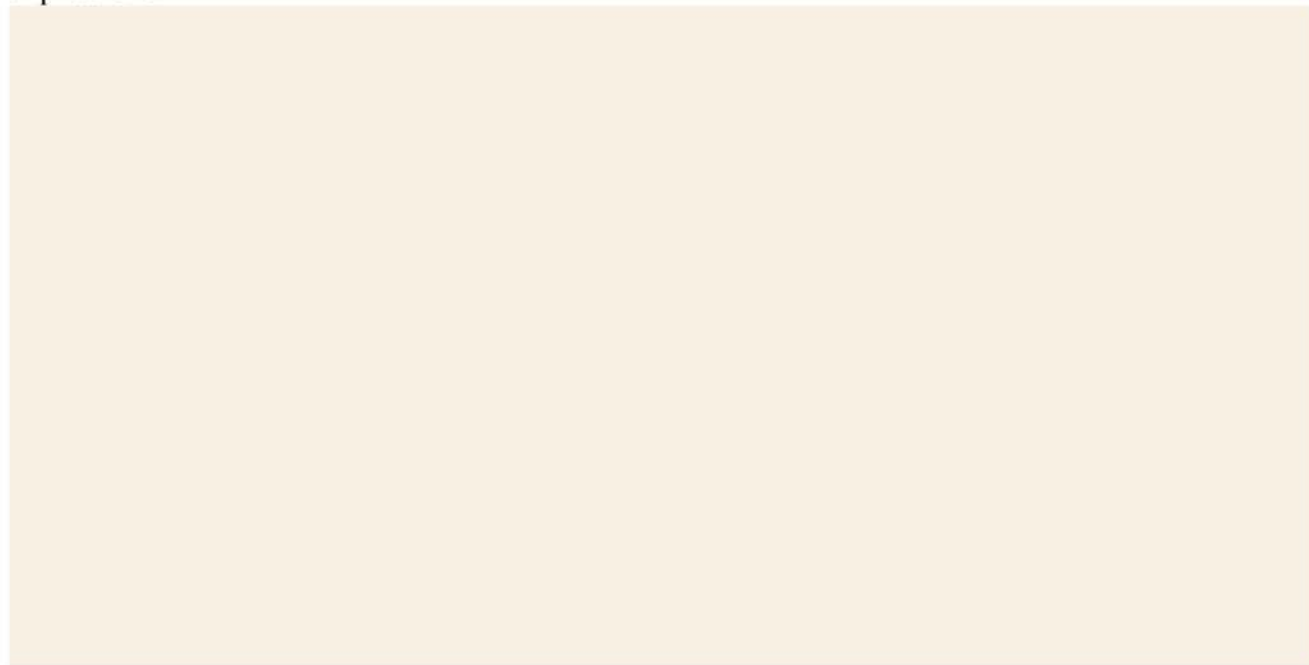


Create an image below to reflect the feeling you receive or want to receive from these activities. Give your art work a title. Schedule one of these activities each day this week.



Embodying Feminine Intuition

Close your eyes and imagine yourself embodying in this moment the qualities of your feminine energy — intuition, gentleness, and expression. Brainstorm 5 ways you can you infuse your creative work with these facets? What might you think, feel and do today to embodying these feminine expressions?

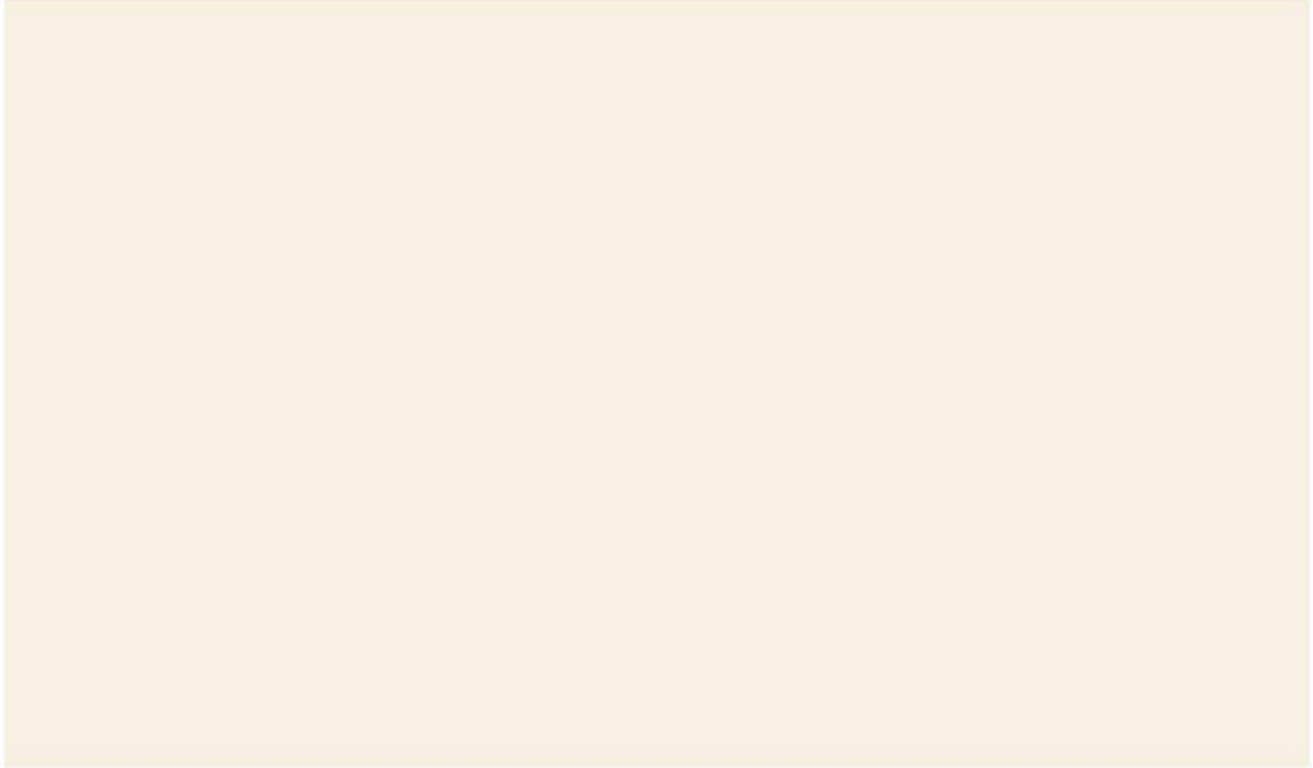


Create a simple design inside the circle to reflect your feelings of feminine energy—intuition, gentleness, and expression. Jot down three words to describe your design and give it a title.

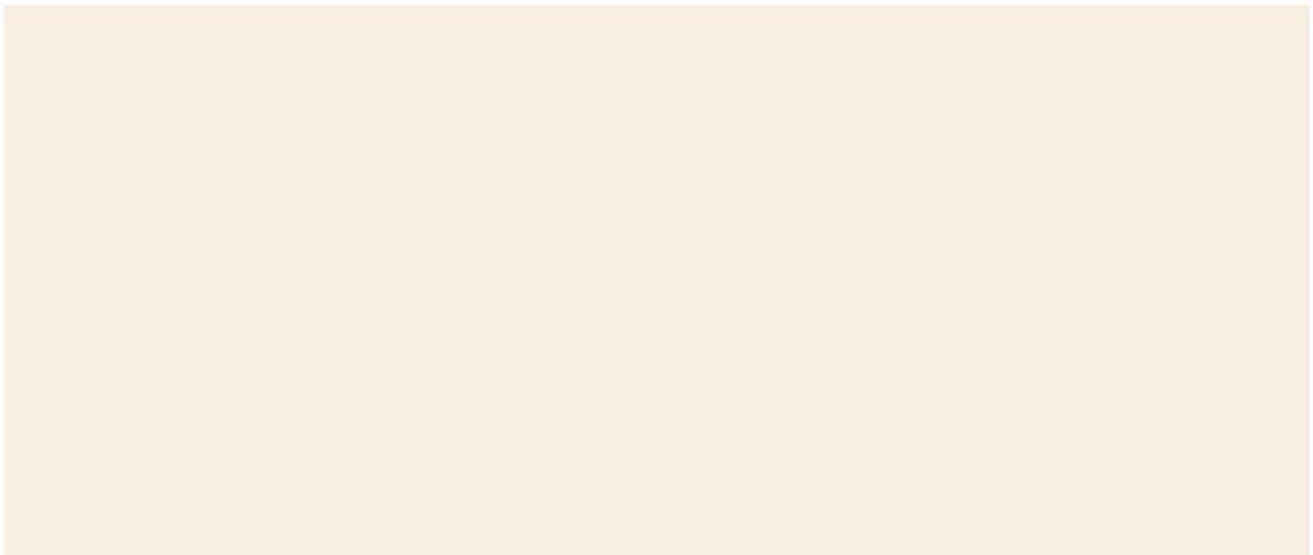


Wordlessness

Set your timer for 2 minutes. Close your eyes and focus on experience without words...drop into a state of "wordlessness." Focus on what you hear and feel. Just notice without labeling or naming it with your words. When you find your brain using words again, gently direct yourself back to sounds by making a pleasing little "hum" sound. When your timer rings, create a drawing to show your experience using lines, shapes and colors. Give your art work a title.



What did you notice? Write down your experience of wordlessness by creating a poem using the Haiku format. Give a title that names your topic (like wordlessness, or presence or whatever comes up for you). Write three lines of poetry - the first has 5 syllables, the second has 7 syllables and the last has 5 syllables. Use the lines of poetry to describe the experience.



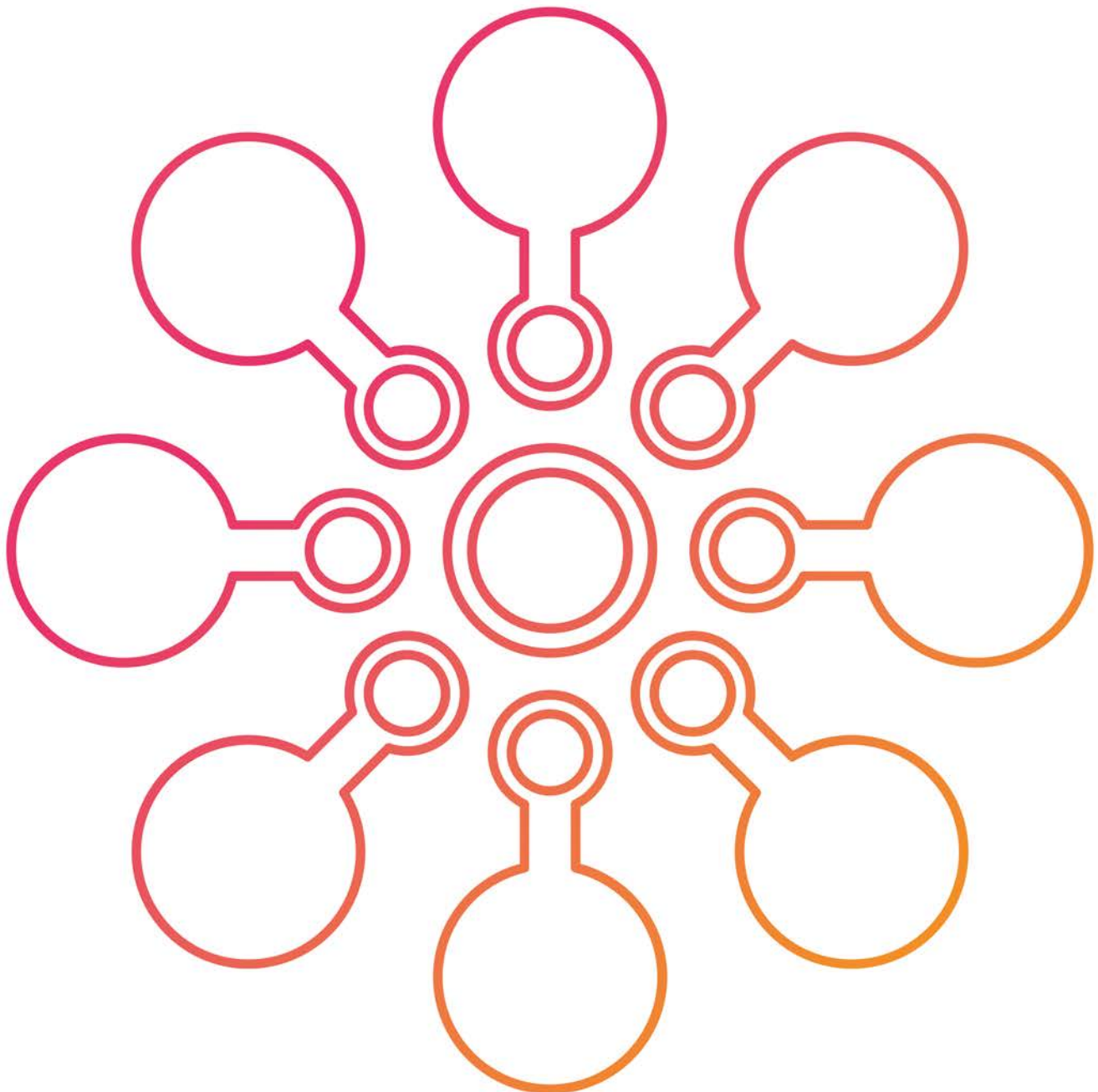
Gratitude

Identify three wellsprings of inspiration that grace your life today (nature, art, community, family, a book or poem, etc). Describe the value they bring to your life. What makes them so sacred to you?

Write a heartfelt note below to one of these sources. Give gratitude to the source of inspiration, acknowledging how it enriches your feminine creative rest.

Mind Map of your Personal Creative Rest Plan

In the middle of the mind map, write how you want to feel with creative rest. Make a mind map showing your personal favorite ways of getting creative rest. Choose activities that take 5 minutes or less. Take a picture of your mind map and email it to me (Amy@Amybackos.com) or DM it on Instagram (@DrAmyBackos). Schedule one creative rest activity a day. Keep this mind map where you can refer back to it each week.



REFLECTION

What was it like to reflect honestly about creative rest this month?

Give yourself a grade on your knowledge and use of creative rest before this class started (A, B, C, D, E, F) and another grade for now (A, B, C, D, E, F). How did your grade improve (or not)? What did you do to make a change?

What will you change going forward? How will you take action today?



INTEGRATION

Celebrate!

Recognize and celebrate your presence, mindset and purpose this month. Celebration creates motivation for your next level of growth and change. You can celebrate anything you accomplished, a time you remained calm under stress, your self care, a new way of relating to your thoughts, your increased time in the present moment, your creative expressions, your actions in line with your values - anything you do should be celebrated!

1

My increased presence I am celebrating this month...

2

My intentional mindset I am celebrating this month...

3

My purpose, values and committed actions that I am celebrating this month...

4

What external celebration I will have this month...

(flowers, book on aesthetics, manicure, etc.)

Creative Rest

You have completed a month of Creative Rest! These exercises expanded your mind and opened you to new ways of thinking. Use your creative thoughts to figure out where you want to apply your new thinking.

I am delighted you joined this community of Modern Creative Women who are living more compassionately and making the world a better place. Living your values and passions is part of creating a better world. Imagine if everyone focused on living their values...the world would be a happier place indeed!

If you are excited about continuing this work, reach out to The Art Therapy Center of San Francisco for a list of programs, workshops and retreats. For the ultimate creative glow-up, consider a custom-designed VIP package in San Francisco, Paris or online.

It is my pleasure to share the evidence-based information which has helped people all around the world. I look forward to hearing from you about what you learned in this workbook. Please send me a testimonial that I may share with others so they know the benefits of being a Modern Creative Woman.



Amy Backos, PhD, ATR-BC

RESOURCES

01

Art Therapy Center of San Francisco

Center for creative expression, psychological wellness, positive psychology and value-based living. Email for complementary 20 minute consultation. Amy@amybackos.com

02

Instagram: @dramybackos

Join me each Friday at noon PST while I gently guide you to strategies to live a meaningful and joyful life.

03

Podcast: The Modern Creative Woman

Your go-to resource for the art and science of creativity. Topics coincide with the Modern Creative Woman membership. New episodes drop every Wednesday.

04

Book: ACT Art Therapy

By Dr. Amy Backos

A book about how to live a value-based life using mindfulness, creativity, and connecting to your highest self.

