



creative rest

week 2

i've learned that time is my most
valuable resource. how i spend it;
where i spend it; and who i spend it
with is the key to making me feel
whole as a leader; parent; creative
partner; and friend.

— andrea jacobs; director of growth; spoon university

Rate Yourself

On a scale of 0-10, how present
are you right now?

0-1-2-3-4-5-6-7-8-9-10

0 = completely checked out, not present

3 = mostly not present, many thoughts
about the past or the future

5 = neutral, half here, half distracted

7 = mostly present, some thoughts about
the past, future or distracted by thoughts

10 = completely present





What were some of your favorite
rest moments this week?

Raise your Zoom hand or put your
answer in the chat.

Modern Creative Woman Timeline

PRESENCE

PRESENT
MOMENT
AWARENESS

MINDSET

RELATIONSHIP
TO YOUR
THOUGHTS

PURPOSE

YOUR
UNIQUE
VALUES

WEEK

01

WEEK

02

WEEK

03

Creative Rest Mindset





Active Rest

vs

Passive Rest

vs

Creative Rest

(a well rounded approach to rejuvenation)



Psychological Active Rest

- Stepping away from intense cognitive tasks while still engaging your mind in lighter activities.
- Examples: leisurely walk, engaging in casual conversation, solving puzzles, or enjoying light reading.
- A break from focused concentration and mental strain.
- Allows your mind to relax while remaining gently engaged.
- Akin to giving your mind a breath of fresh air.



Psychological Passive Rest

- Fully disengaging from mentally demanding activities to give your mind the freedom to unwind and recharge.
- Examples; daydreaming, listening to calming music, practicing mindfulness, or quietly observing your surroundings.
- By providing your mind with unstructured time, you encourage the flow of thoughts, insights, and creative sparks.
- It's a space for mental clarity and rejuvenation, akin to clearing away mental clutter.

A close-up, warm-toned photograph of a person's hands writing in a small, lined notebook with a teal pen. The notebook is open on a wooden surface. In the background, a glass of coffee and a lit candle are visible, creating a cozy, creative atmosphere.

Psychological Creative Rest

- A unique facet of rejuvenation: nourishing your imaginative and emotional well-being.
- Activities that ignite your creativity and bring a sense of fulfillment.
- Examples: journaling, sketching, knitting, singing, playing a musical instrument, or exploring creative outlets such as museums & concerts.
- Creative rest transcends the boundaries of work and routine, offering a channel to express yourself and recharge your creative spirit.

You actively "get into" creative rest.

Creative rest requires your conscious choice to shut off the part of your brain that actively tries to solve problems.





TV and Social Media

- Nowhere does research suggest TV and social media are restful or rejuvenating.
- "I deserve a break!" YES!
- "I will lay here and passively consume information that other people created, which will deactivate my brain, zone me out, and disconnect me from the present." NO!
- "I deserve a break...how do I want to spend that time to recharge?"



Active, Passive, & Creative Rest

- Understanding the distinction is vital to implementing creative rest into your daily routine and finding solutions to your creative problems.
- If you are struggling with a creative issue, working on creating change, or trying to develop a new idea, your brain needs space and time to work things out.

Creative Rest & Mindset

- Your relationship to your thoughts might need a creative overhaul.
- Often, we believe thoughts to the point that we are unable to see them anything but the "truth".





Creative Rest & Mindset

- We become easily fused with our thoughts instead of seeing them for what they are...a biological process like our heart beating or our blood pumping.
- And after "I am/it is/they are, etc. has potential for fusing with unintentional thoughts.



Fused Statements

- Habitual, repetitive, old stories.
- Negative, judgmental, unkind.
- Victim stance.

I'm an idiot.

I need to fix myself.

They made me do it.

It's their fault.

It's just how I am.

Something is wrong with me.

Why can't I do this?

Value Focused Statements

- New, flexible, kind, non-judgmental.
- Positive stories, optimistic.
- Heroine stance.

I am a human being.

I am becoming the woman I always
wanted to be.

Going forward, I take full responsibility
for my actions and inactions.

I grow and change every day.

There is no hurry.





Thought Makeover 1

Instead of:

"I need to keep improving because something is wrong with me."

Try:

"I am making changes in my behavior to be the woman I want to be."



Thought Makeover 2

Instead of:

"I used to love singing in the choir.
That was so long ago."

Try:

"I am making changes and going to
find a choir to join before the end of
the year. This passion project will
move me in the direction of the
version of myself I want to me."

Thought Makeover 3

Instead of:

"The timing is not right. I am too busy, stretched, or worried."

Try:

"I can prepare for a big change
by practicing being the
woman I want to be."



Thought Makeover 4

Instead of:

"I can wait. I don't have the energy to do it all today anyway."

Try:

"I do one experiment each week to see how it feels to be the woman I want to be who acts on her future."



II. Meditation





The Science of Affirmations



Affirmations

1. Help you visualize and believe a statement to make positive changes in your life.
2. Affirmations are phrases that you repeat to yourself to change your subconscious thoughts.
3. Over time, they replace any negative beliefs or thoughts with positive thoughts. This instils confidence, positivity, and ambition.





Affirmations

- Empirical studies demonstrate we can maintain our sense of self-integrity and self efficacy* by telling ourselves (or affirming) what we believe in positive ways.
- Changing our core thoughts and beliefs is the hallmark of cognitive psychology.
- We just feel better when we have positive thoughts about ourself and our ability to cope.



Affirmation Research

- Self-affirmation theory (Steele, 1988).
- It is important we believe we are flexible, moral, and capable of adapting to different circumstances.
- Our belief makes a huge difference in our mood, thoughts and the actions we are willing to take.
- "I am flexible, moral, and capable in any circumstance."

Global Self Efficacy

- Imagine global self-efficacy as your inner belief in being able to make good choices and handle different situations in the best way.
- Confidence in yourself to do the right thing and adapt well to whatever comes your way.
- It's all about feeling capable and empowered to control the outcomes and make moral decisions in various aspects of your life.



Flip it and Elevate it Exercise



Turning a
problem
saturated statement
into your daily
affirmation.



1. Identify thoughts
to replace.
Write 3 of your
negative, fused
thoughts.

(Thoughts you have been thinking so
long you believe them to be true.)



I am an idiot.
I will always be broke.
I am just incapable.



Pick the least
troubling of
them.

Cross out the other ones.



~~I can't rest until I am done
working.~~

I will always be broke.

~~I am just incapable.~~





What is your fused thought you want
to work with today?

Don't worry - this is a judgement-free zone!

Raise your Zoom hand or put your answer in the chat.

2. Write 10 alternatives

(not opposites but rather,
"truths of the now")



~~I can't rest until I am
done working.~~

I will always
be broke.

~~I am just
incapable.~~

1. Money is something I want more of.
2. I am learning how to earn more.
3. I have learned a lot about managing my money.
4. I think about spending, saving and having money in alignment with my values.
5. I really am grateful for what I have and I think of that more and more.
6. I am curious about money.
7. I am growing new attitudes about my self worth in relationship to money.
8. I am increasingly aware of my attitude towards money and how I want it to be.
9. Money is neutral and I am creating a more positive relationship with it.
10. Money is part of my value exchange with others.



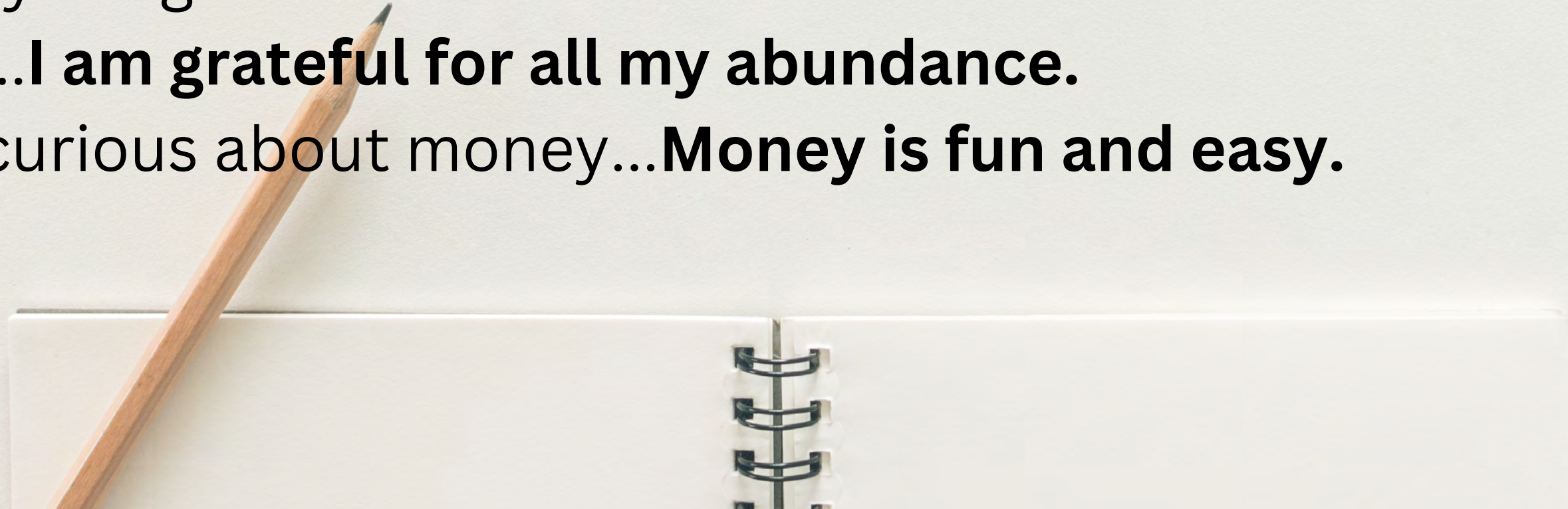
What are some of your truths in the now?
Feel free to share ones that resonate or
ones you are struggling with.

Raise your Zoom hand or put your answer in the chat.

3. Elevate your
truth in the now
statements.
(Make them aspirational)



1. Money is something I want more of...**I desire abundance in all areas and it is coming to me.**
2. I have learned a lot about managing my money...**I am in a loving relationship with my money and I give it care and special attention.**
3. I think about spending, saving and having money in alignment with my values...**I love to spend, save and have money in alignment with my values.**
4. I really am grateful for what I have and I think of that more and more...**I am grateful for all my abundance.**
5. I am curious about money...**Money is fun and easy.**



4. Pick one as your affirmation for the week.

- Make sure it has a little "zing."
- Write it 7 times.
- Read it to yourself 7 times.





What is your affirmation?
How do you feel about it?

Raise your Zoom hand or put your answer in the chat.

Affirmations



AFFIRMATIONS

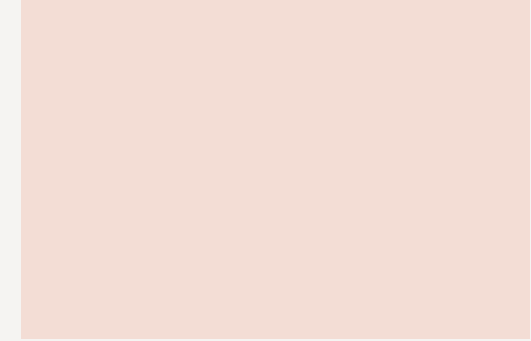
I am a woman who...

- is in charge of her time.
- does not deny her need for rest.



Your Reflections for the Week





Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

**Childhood
Wonder**

2

**Reify
Rest &
Happy Objects**

3

**How You
Want to Feel**

4

**Written
Reflection**



Childhood Wonder

- Review 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 to reflect your child-like curiosity.

Reify your Rest

- Reify means "to make or consider something real."
- You are going to reify your creative rest in two ways. Craft an affirmation (3-5 sentences) 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.



Reify your Rest

(continued)

- Find an object in your space right now (or in a place where you spend time) that reminds you of your intention for creative rest.
- For example: a picture on the wall, 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.
- You can expand this to look for reminders in the world. For example: favorite number, certain flower, bird feather, finding coins, etc.



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



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.
- 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.



Written Response

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

Breath it all in.
Love it all out.



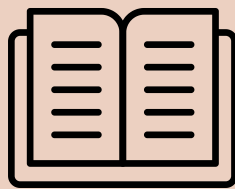


On a scale of 0 -10, how present are you
right now?

What are your "before" and "after" scores?

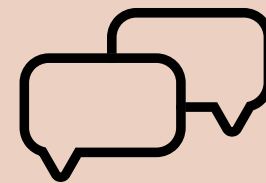
Put both numbers in the chat.

What To Do Next



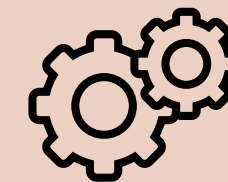
Review

Review your orientation manual & workbook.



Make the commitment

Schedule 20 minutes a day & put in your planner.



Exercises

Read and complete the exercises for the week.



Ready for More?

Chat each Friday at noon PST on IG live
@dramybackos

Book your Autumn VIP date.

Start your adventure fund...The MCW is
going to Paris!

Find The Modern Creative Woman
wherever you listen to podcasts.

www.arttherapycentersf.com



there is no recipe; there is no one
way to do things — there is only
your way.

and if you can recognize that in
yourself and accept and appreciate
that in others; you can make
magic.

— ara katz; chief marketing officer; spring



What will you remember about
today's class?

Put your answer in the chat
or raise your Zoom hand.



Thank
you!