

WE ARE ALL IN THIS TOGETHER

STRESSED OUT ABOUT COVID-19? CREATIVITY IS A SOLUTION, Alan Siegel, MD

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Arts and Creativity Help All of Us Heal.

People around our country, and around the globe, are naturally turning to the **arts** and embracing forms of **creativity** to feel better during this once-in-a-lifetime global pandemic. While this can be incredibly valuable for our healthcare workers to **decrease anxiety and avoid burnout**, let's just call it what it is – a **healthy tool for well-being for all of us**.

Many people are turning to **music, photography, baking, drawing, writing, movement, and dance** to make themselves feel better. If you add **creativity** to being out in nature and staying **active**, this is a prescription for health in the midst of stress from all directions. As I work in the **Covid Tent**, testing patients for Covid and causing discomfort so we can get a handle on this disease, I have brought **music** to this environment to lessen the stress.



Our world of providing medical care has been turned upside down, and every decision we make has to include Covid-19 in the equation. Some of my colleagues have found comfort in engaging in the **arts**. The **arts and creativity** can bring comfort to all of us during this Covid era. It has been used for many centuries to bring comfort - and we should all include a healthy dose of **creativity** in our daily routine. We need to use these incredible tools to make us well and protect us from the physical and psychological damage of Covid-19



That is my prescription for a healthy community. **Arts prescription** and social prescribing have long been used in the UK for patients. It is time that we get a healthy dose of the arts!



- **5-MINUTE RELAXATION MEDITATION W/ KINETIC SCULPTURES**, MARY CURTIS RATCLIFF/JAMES BARAZ: [HTTPS://BIT.LY/2UZE7IO](https://bit.ly/2UZE7IO)
- **PATIENTS COME SECOND: LEADING CHANGE BY CHANGING THE WAY YOU LEAD** BOOK, PAUL SPIEGELMAN: [HTTPS://AMZN.TO/2AXJATK](https://amzn.to/2AXJATK) (PREMISE: *THE WAY TO EXCELLENT PATIENT-CENTERED CARE IS TO TREAT YOUR STAFF*)

There is two kinds of music, the good, and the bad. I play the good kind.

Louis Armstrong

WE CARE FOR YOU AND WE THANK YOU. PLEASE SEND YOUR BRIGHT SPOTS, AND TIKTOKS TO COVIDWELLNESS@CCEALTH.ORG; [HTTPS://BIT.LY/3DJ7GRU](https://bit.ly/3DJ7GRU). TEAM MEMBERS: PRISCILLA AGUIRRE, CLAIRE BATTIS, AMANDA DOLD, PATRICIA HENNIGAN, HELENA MARTEY, BRIAN M. JOHNSON, KRISTIN MOELLER, JACQUELINE MOSTOW, KIMBERLY NASRUL, SAMIR SHAH, ALAN SIEGEL, SONIA SUTHERLAND, ARLENE TRIMBLE.