



Welcome!

Sharing Humanity through Arts, Reflection, and Expression (SHARE) is a weekly online series that facilitates experiences to inspire connection to inner resources and community through mind-body expression, narrative storytelling, visual arts, movement, music, writing and more non-verbal forms of expression.



Eric



Liz



Selena



Chris



Tammy

Sharing

Share memorable moments as a community
Support each other in the diverse ways we each like
to be seen, heard, and recognized.

Expression

Practice self-expression by sharing your
story when you are comfortable and
listening to others.

Become more aware of how
you express yourself by learning
mind-body skills (such as body
language, breath, temperature, etc.).

Reflection

Enhance self-insights and
understandings.

We'll provide space to reflect and invite
sharing, but no pressure to share more
than you are comfortable with.

Growth is personal to you,
we are here to facilitate.



Humanity

Come as you are.

Be among community.

Bring your human curiosity.
Experience a break from daily
stress by practicing self-care.

Arts

Spontaneity,
play, and authenticity are welcome. No
equipment is needed – use what is
already around you. No way to “mess
up” and no expectations.

November 21-January 22 Series

Nov 5 – Selena (SHARE Introduction)

Nov 12 – Chris (Biofeedback)

Nov 19: Selena (Expression & Reflection)

Nov 26 – *Holiday off*

Dec 3 – Tammy (Movement or Puppets)

Dec 10 – Selena (Expression & Reflection)


Dec 17 – Chris (Expressive Writing)

Dec 24 – *Holiday off*

Dec 31 – *Holiday off*


Jan 7 – Selena (Expression & Reflection)


Jan 14 – Celebration for all!



**Build human connections
to reduce isolation and
improve quality of life:**

- Championing Differences
- Cultivating Compassion
- Honoring Human Dignity
- Supporting Unconditionally
- Taking Care of Each Other

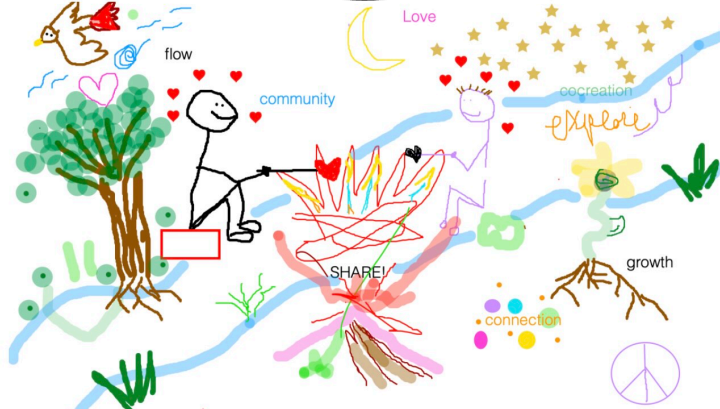




Osher Center
for Integrative Medicine

**Nurture health and
inspire well-being
in all people:**

- Collaboration
- Compassion
- Empowerment
- Equity
- Focus on wellness
- Whole-person care



Connection	Movement	Immersion	Awareness	Expression
<ul style="list-style-type: none"> • Good company • Quality time • Laughter • Animals • Nature 	<ul style="list-style-type: none"> • Walks • Dancing • Hiking • Bicycling • Skating 	<ul style="list-style-type: none"> • Listening • Cooking • Savoring • Baths • Reading 	<ul style="list-style-type: none"> • Breathing • Reflecting • Psychotherapy • Meditating • Yoga 	<ul style="list-style-type: none"> • Drawing • Poetry • Making playlists • Record digging • Films & TV series

How will you use the SHARE Toolkit?

Personal
Reflections:
Writing & Art

Music &
Sensory
Immersion

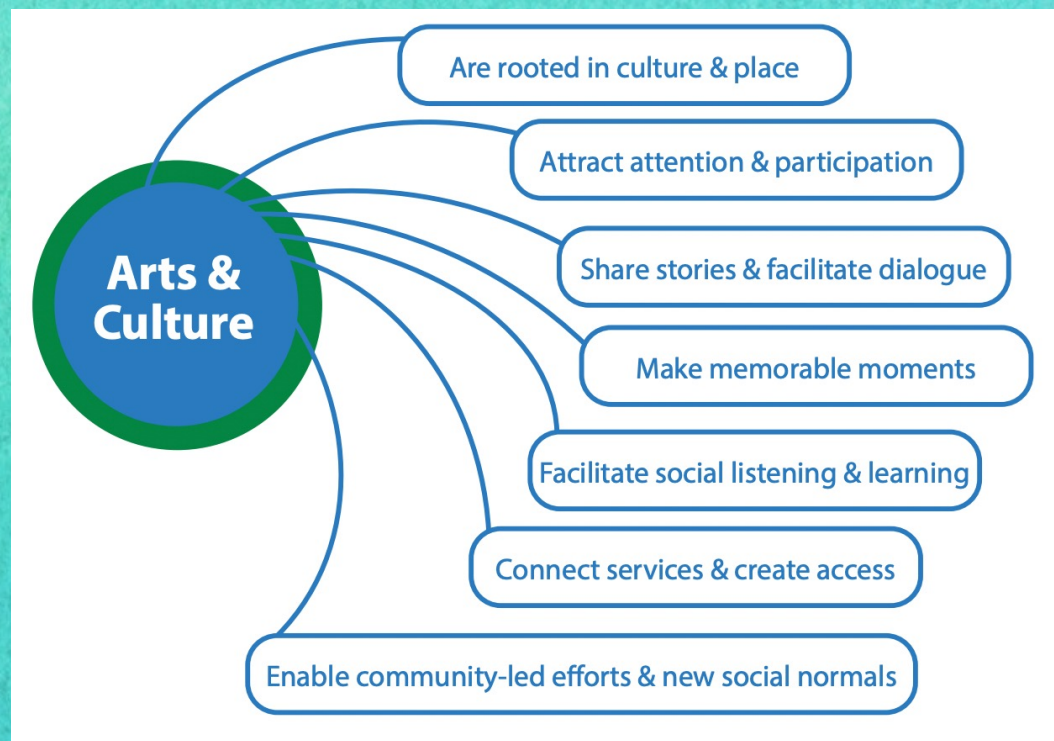
Mind-Body
Skills

Sharing Words
& Doodles
over Zoom



Centers for Disease Control and Prevention (CDC) definition of Arts & Culture:

“Wide range of cultural identities, traditions, and creative expressions that exist in communities. Includes art forms such as **music, dance, spoken word, painting, and theater, graphic design, culinary arts, spiritual practices, and celebrations of local places and histories.**”

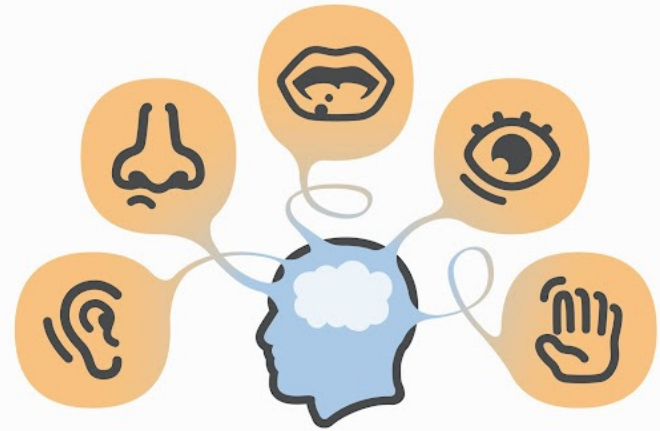


10-minute Studio Space:

Whiteboard,
write in journal,
draw or simply
imagine...

Describe a moment when you felt connected (to self, humanity, animals, plants, an interest that creates flow, arts, music, culture, films etc.)

- I see:
- I hear:
- I feel:
- I smell:
- I taste:



“Let yourself be silently drawn by the
strange pull of what you really love.
It will not lead you astray.” - Rumi