

THE JOURNAL

Modest Fly Art Studio Gallery Quarterly Newsletter



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FUNDamentals CAMPAIGN in Armenia

*a collaboration effort between Modest Fly & Hay Santa
Non-Profit Organization*

Modest Fly Art has partnered with the Hay Santa Organization in Yerevan, Armenia to lend a helping hand to the children of Artsakh through these tough times.

Hay Santa is responsible for the development of art classrooms inside the village schools. You can learn more about them at: <https://haysanta.am> We work together in finding a way to help the children express themselves and acquire necessary materials to be able to use art as therapy in times of war and chaos. Our guidance and assistance helps them come together, share their stories, and build friendships as they focus on something other than their horrible realities. In doing so, we have helped these children create pieces from their memories back home and brought them to be at peace with the harsh experience they have endured. We thank all of our sponsors and donors in helping make this happen and the donations are still being divided among each organized event by the Hay Santa organization. Thank you to the director of Hay Santa, Armine Petrosyan, as well. She is working so hard to make all of this happen for our children.



COVID - 19 PRECAUTIONS

We are so thankful to welcome 2021 in partnership and cooperation with an amazing community of students, staff and families. The upcoming year promises a return to a more familiar existence. We can now see the finish line of this health crisis on the horizon. To get there safely, we must still take precaution and move forward carefully. We have been closely monitoring the virus surge over the last couple of weeks and our top priority is the health and safety of students and staff.

HELPING CHILDREN COPE WITH STRESS

Children respond to stress in different ways. They can be more clingy, angry, agitated, or do things they normally don't.

- **Respond to your child's reactions in a supportive way. Give them extra time and attention. Listen to their concerns, speak kindly, and reassure them.**
- **If possible, create opportunities for the child to play and relax.**
- **Keep children close to parents and family, and avoid separating them and their caregivers as much as possible. If separation occurs, ensure regular contact and reassurance.**
- **Keep to regular routines and schedules as much as possible. You can also create new ones in new environments. Include school/learning and time for safely playing and relaxing.**

7 Steps to prevent the spread of COVID-19

01 - Wash your hands frequently

02 - Avoid touching your eyes, nose, and mouth

03 - Cover your mouth when you cough using a tissue or the bed of your elbow

04 - Avoid crowded places and close contact with anyone who has fever or cough

05 - Stay home if you feel unwell

06 - Seek medical care early if you have fever, coughs, and difficulty breathing - but call first

07 - Get information from trusted sources

#stopthespread

Source: World Health Organization



ART AS THERAPY

A psychologist at the Cleveland Clinic, Susan Albers, PsyD, explains that art forces us to tap into the right side of the brain, which is in charge of emotions and creativity. We spend most of our days using our left brain, which focuses on words and worries and thinking things through. As a result, diving into the right brain is almost like a vacation for your mind.

There is another reason why art is relaxing. Any time you create art, no matter what form, it's a multisensory experience that engages your entire body. As a result, it pulls you into the present moment, forcing you to focus on the different sights, smells, and sounds that surround you, rather than getting lost in thoughts about the past or worries about the future.

If you're feeling mildly stressed or anxious and want to explore art therapy on your own, you can try some very simple exercises, such as keeping an art journal. Or you can try some simple doodles. A study done in 2017 found that people who rested in between periods of coloring in a geometric pattern, doodling in a circle and drawing whatever they wanted had increased blood flow to an area of the prefrontal cortex related to feelings of reward, compared to during the rest period.

If you're struggling with depression and/or anxiety, a trained art therapist can help guide you to the best art media to use, and help you interpret and process the feelings evoked by your creation. Another option is to visit a museum or art gallery and admire someone else's work. If you feel enough connection to a piece of art, it will impact you in a meaningful way and provide emotional release. It also gives you a chance to "switch off" and give both brain and body some needed reflection time, which will in turn help to promote mindfulness.

Source: Mindfulness Journal

"For last year's words belongs to last year's language and next year's words await another voice." - T.S. Eliot