

CREATIVITY MEETS WELLNESS

WELLTHY LIVING

When you think of wellness do you think of wealth or health? I challenge you to consider the idea of wealth as part of having optimal health and wellness.

Take a moment to reflect on the idea of wealth being defined as, “a plentiful supply of a particular desirable thing.” It’s pretty safe to say most of us see the terms “wealth” and “wealthy” in relation to financial status alone.

Over the past eight months, my husband and I have been going through quite a health battle. I am going to share how we used creativity to support our wellness through this difficult time.

In July of 2023, my husband had his first routine colonoscopy at age 54. The procedure went well, but they did find something. We were sent home only to be called back for an emergency CT scan. We were advised he would need surgery to remove his entire colon to remove the malignant tumor. In that moment, we agreed that we would stand strong in our beliefs, along with using positive affirmations and any activity that would promote healing.

We began almost immediately to create a body map to visualize the tumor in the colon shrinking. With the recommendation of a licensed art therapist, I had a copy of a colon for each day up to the surgery so that he could draw the tumor shrinking slowly as we got closer to the surgery date. He also wrote out any frustrations or pain points in different parts of his body, then over top of those, applied affirma-



tions to clear any bad thoughts around his body.

He was later diagnosed with stage 3B cancer that would require 6 months and 12 rounds of chemotherapy.

Fast forward to our recent appointment and review of his final CT scan. We began the morning by drawing an affirmation card. We drew “I Am Wealthy, Money and happiness flow easily to me” from the Color Affirmation Deck. Two things happened that day: we learned that the chemotherapy was effective and he is in fact “NED” with no evidence of disease. I also received a \$100 bill in exchange for something I was selling! Wealth and abundance comes in many forms.

Creative wellness provides many benefits such as reduced stress and anxiety, improved focus and concentration, it can boost your confidence and creativity, support emotional resilience, and encourage creative thinking. Some of the creative tools we used over this journey included: Body mapping, affirmations, labyrinth walks, prayer, journaling, wood burning, watercolor meditation, and music.

How does wealth show up in your life? How about we start a new movement of well-thi-ness? Are you WELLTHY? You are WELL-THY when all parts of your life are in balance and your happiness does not come from wealth as the world sees it, but from all parts of

your life, your beliefs, your family, your friends, the work you do in the world and the satisfaction it brings you.

Lisa's passion is to help people discover their soul-purpose through therapeutic art practices. Kindle is fascinated at how color serves to assist in revealing a person's life path through creative wellness mentoring. She is the queen of creativity!



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