

# THE ART OF SELF-CARE

DR. SUSAN RIDLEY



**Feeling super bad  
about yourself  
on lazy and  
unproductive days**



**Acknowledging that  
you are doing the  
best you can do in  
difficult circumstances**

These Photo by Unknown Author is licensed under CC BY-NC-ND

Dr. Susan Ridley  
Assistant Professor of Creative Arts Therapy  
Program Director  
MA in Art Therapy and Counseling  
College of Liberal and Creative Arts  
West Liberty University, WV



PhD in Expressive Therapies  
MA in Mental Health Counseling specializing in Art Therapy  
MSc in Human Services specializing in Organizational Leadership

ATR-BC (Art Therapist Registered Board Certified, AATA)  
REAT (Registered Expressive Arts Therapist, IEATA)  
CPRP (Certified Psychiatric Rehabilitation Practitioner, USPRA)  
CPS (Certified Prevention Specialist, WV Cert. Board of Addiction Professionals)  
ADC (Activity Director Certified, NCCAP)  
NCC (National Certified Counselor, NBCC)

Dr. Susan Ridley  
Assistant Professor of Creative Arts Therapy  
Program Director  
MA in Art Therapy and Counseling  
College of Liberal and Creative Arts  
West Liberty University, WV

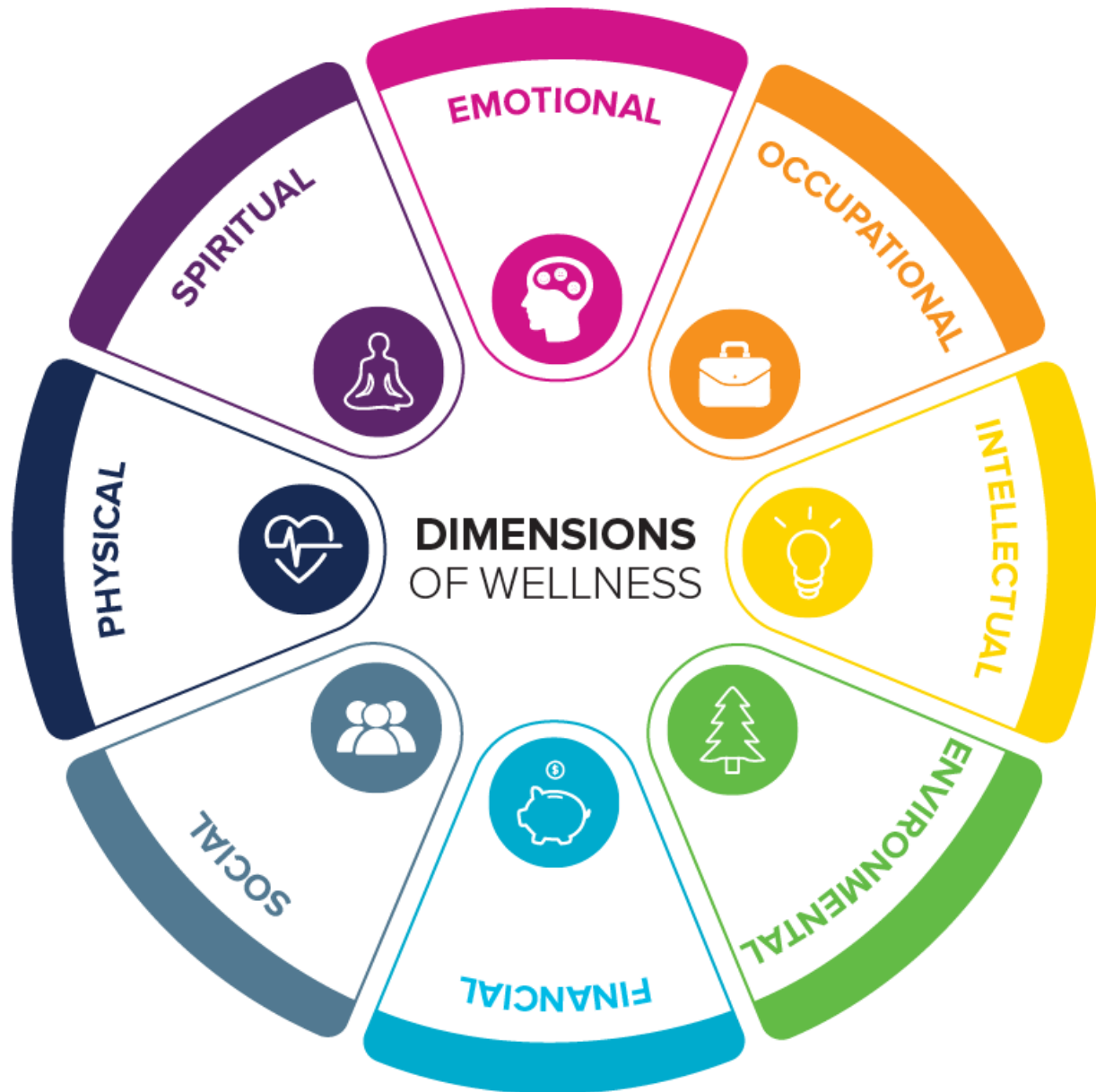


PhD in Expressive Therapies  
MA in Mental Health Counseling specializing in Art Therapy  
MSc in Human Services specializing in Organizational Leadership

ATR-BC (Art Therapist Registered Board Certified, AATA)  
REAT (Registered Expressive Arts Therapist, IEATA)  
CPRP (Certified Psychiatric Rehabilitation Practitioner, USPRA)  
CPS (Certified Prevention Specialist, WV Cert. Board of Addiction Professionals)  
ADC (Activity Director Certified, NCCAP)  
NCC (National Certified Counselor, NBCC)

# Creativity and Wellness

- Decrease in symptoms
- Improves immune system functioning
- Developing and exploring self-worth
- Healing physical problems
- Promotes optimism
- Personal connectedness



- Emotional
- Occupational
- Intellectual
- Environmental
- Financial
- Social
- Physical
- Spiritual

# Dimensions of Wellness



# Dimensions of Wellness



# Dimensions of Wellness





# Dimensions of Wellness



# Dimensions of Wellness



# Dimensions of Wellness



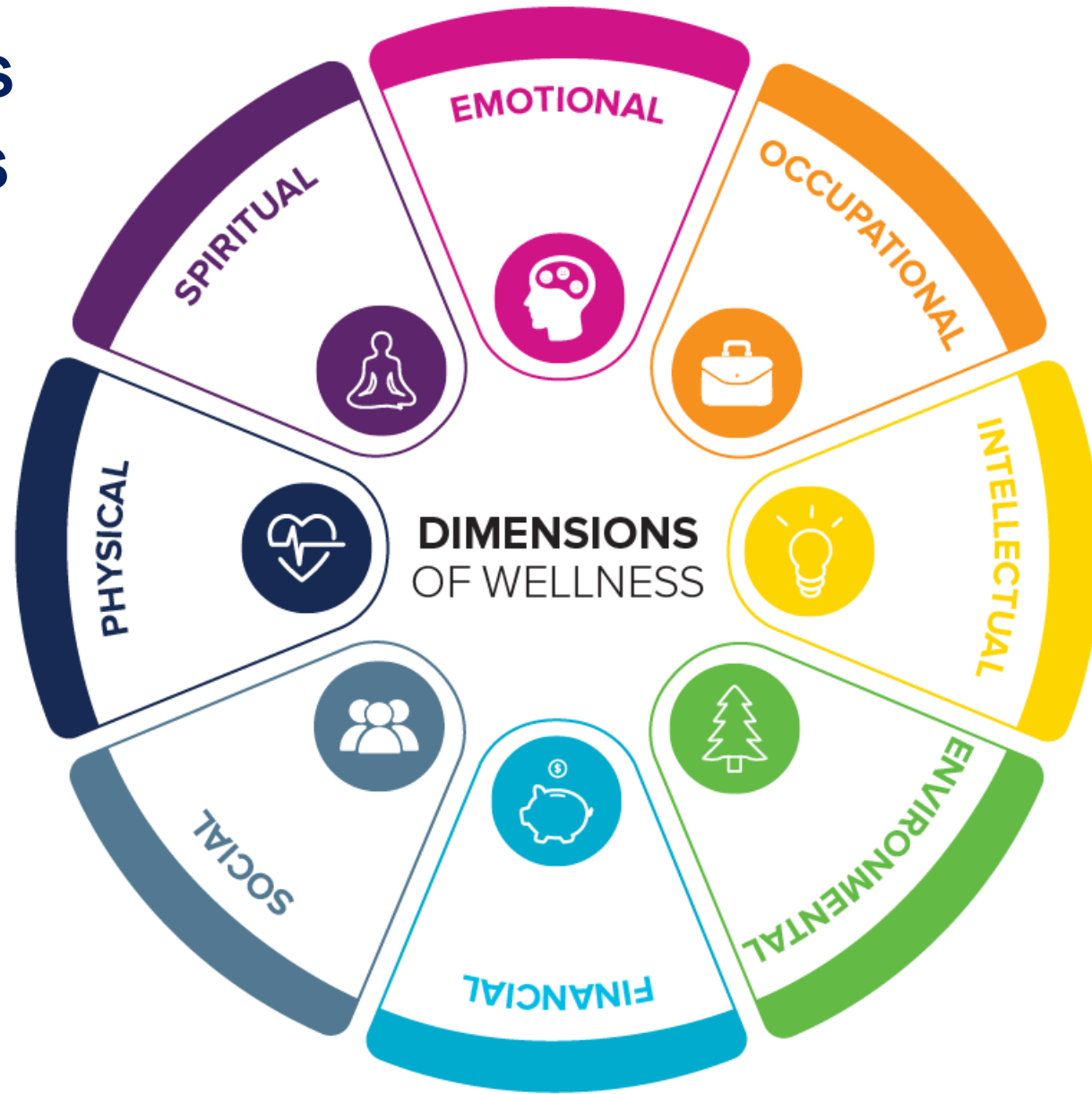
# Dimensions of Wellness



# Dimensions of Wellness



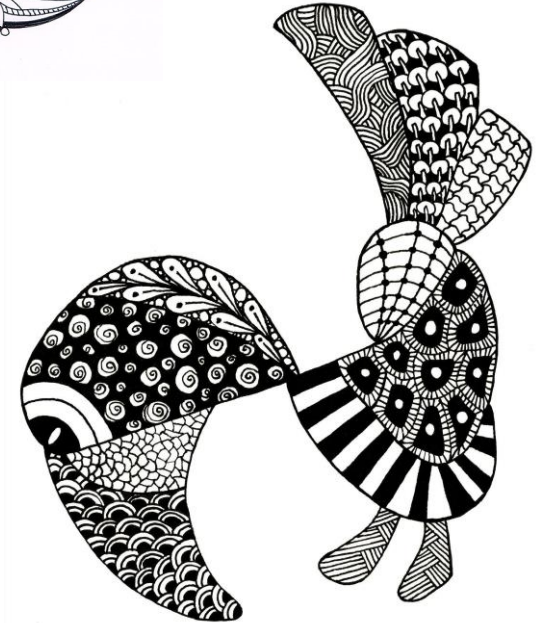
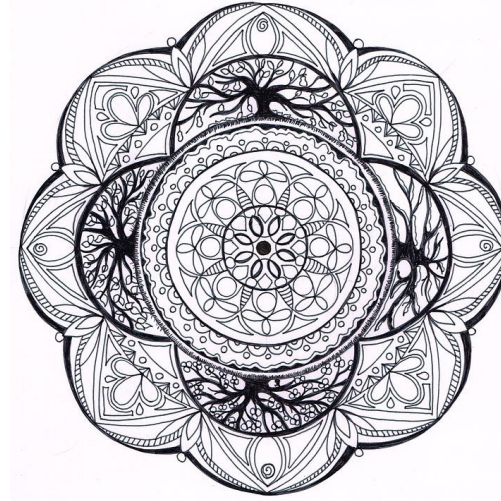
# Dimensions of Wellness



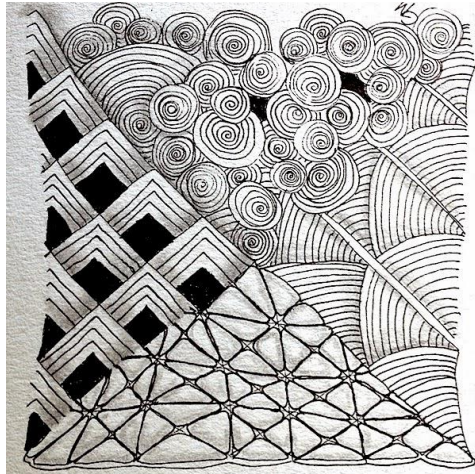
**TIME MANAGEMENT**

**REDUCES STRESS!**





## 5 MINUTE ZENTANGLE



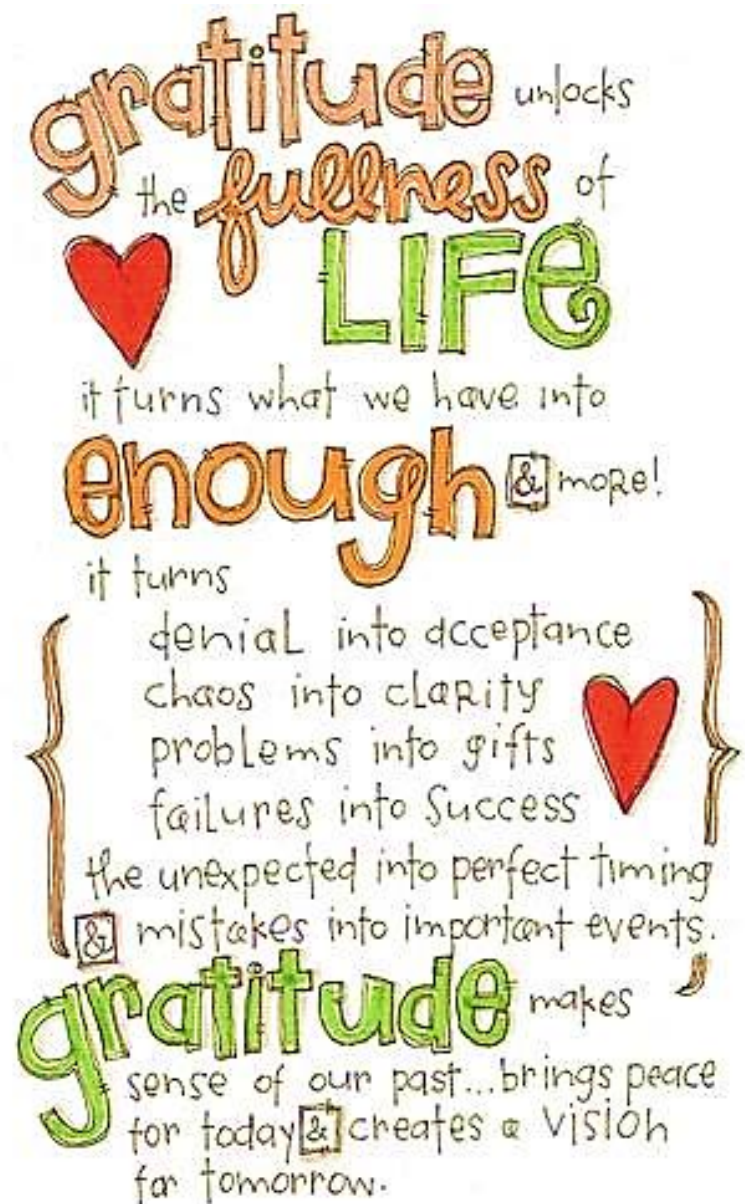
These Photos by Unknown Author is licensed under CC BY-NC-ND

Gupta, N. (2020). Zentangle art and wellness: A mutual relation. *International Journal of Home Science*, 6(2), 245-248. <https://www.homesciencejournal.com/archives/2020/vol6issue2/PartE/6-2-58-517.pdf>



# VISUAL JOURNAL

- ✓ INSPIRATIONAL IMAGES
- ✓ POSITIVE AFFIRMATIONS
- ✓ FAVORITE QUOTES
- ✓ TO DO LIST + REWARDS
- ✓ DOODLE OF THE DAY OR ZENTANGLE
- ✓ MOOD THERMOMETER (1-10)
- ✓ SUMMARY OF THE DAY
- ✓ AT LEAST ONE GRATITUDE (SOMETHING THAT WENT WELL)



Monday JUNE 27 2016

- run
- walk Scott
- rehearsal 11:00-1:00
- work
- run 5:45-6:15
- IF email
- Appt - email
- etc
- walk 8:00-9:00
- Brian's 7:30
- Pub meet/reception out
- walk short hike to return



Tuesday

JUNE 28th

- run
- walk Scott
- rehearsal 10:00-1:00
- lunch
- lunch with sis
- ~~appt~~ appt appt
- house offer
- etc
- begin hanging out w/ friends
- laundry
- print
- wash towels
- post challenge

Life LOVES you

Wednesday June 29th

- run
- walk Scott
- rehearsal 10:00-1:00
- work
- finish Mem & Tue 4:00
- lunch
- trip walk
- etc
- celebrating
- people
- appt is stuff ready



THURSDAY JUNE 30th

- run
- walk Scott
- Scott's stuff ready
- finish packing
- leave for Cortez
- Drive, Drive, Drive

Cortez, COLO-R-A-DO.

Friday JULY 1st

ROAD TRIP!



This Photo by Unknown Author is licensed under CC BY-NC-ND





This Photo by Unknown Author is licensed under CC BY-NC-ND



# PAINT YOUR EMOTIONS

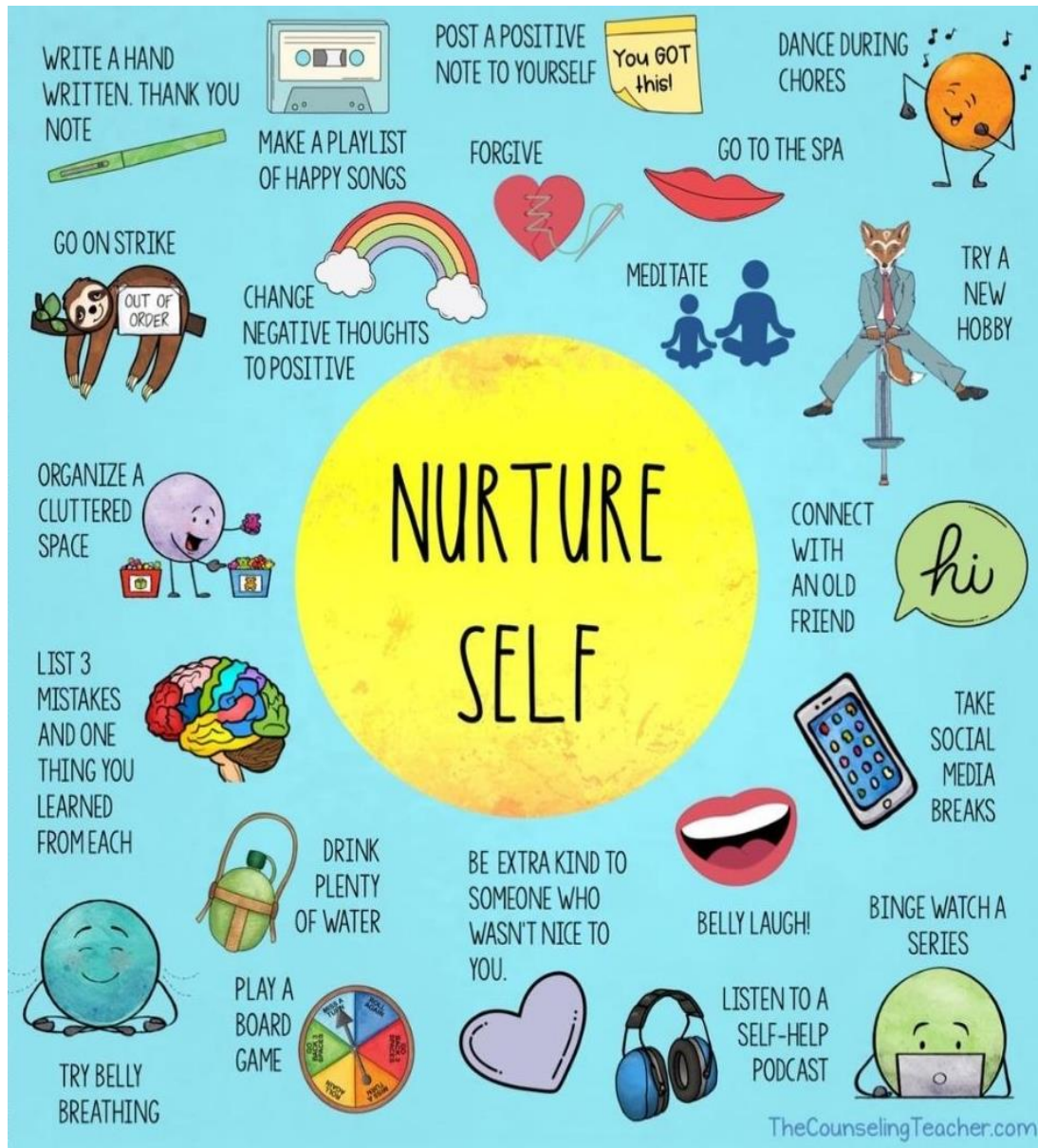


This Photo by Unknown Author is licensed under CC BY-NC-ND



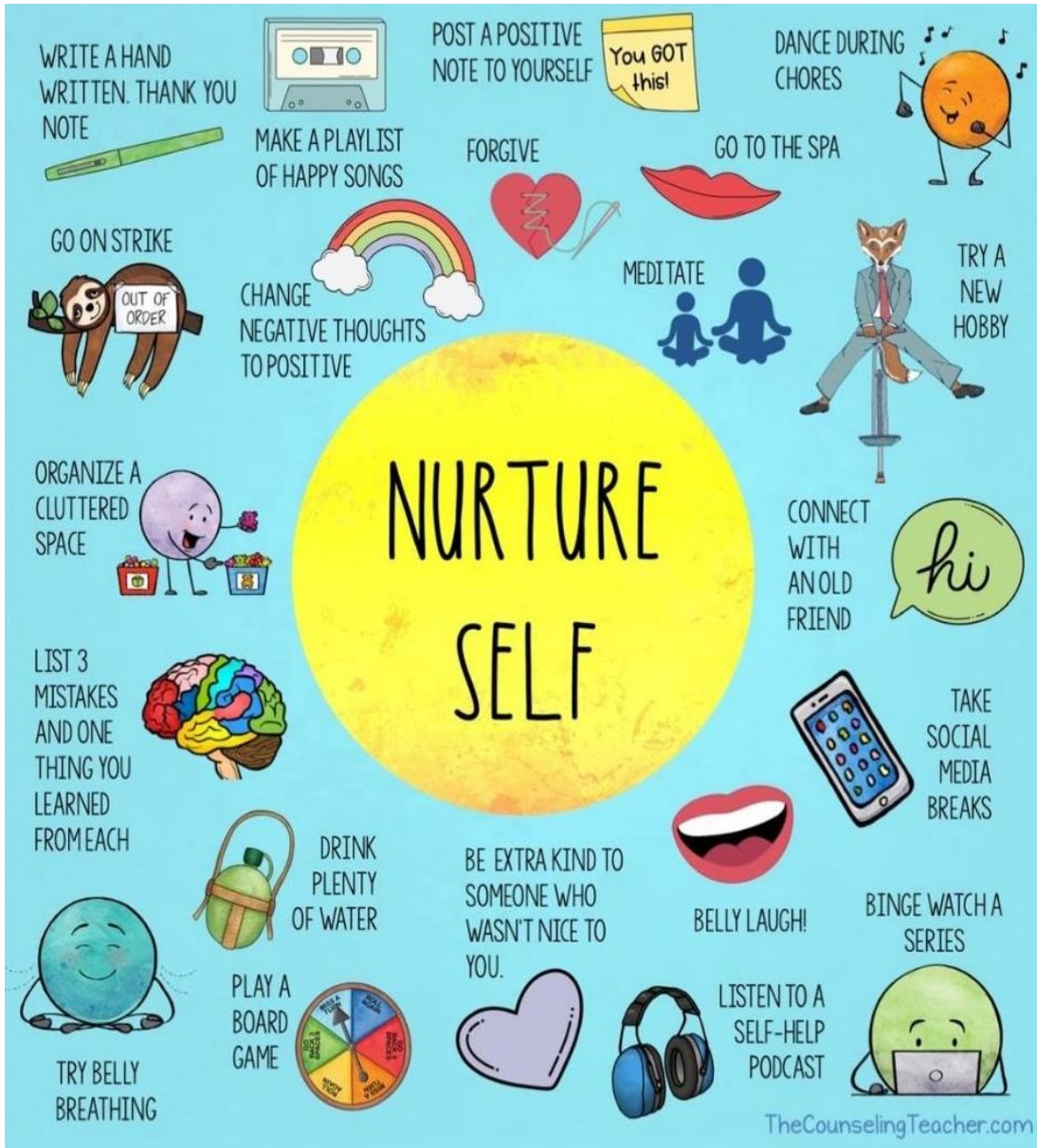
**DRAW A PLANT/TREE THAT  
REPRESENTS YOU**

**& WRITE 5 THINGS THAT  
YOU NEED TO DO TO TAKE  
CARE OF IT**



<https://thecounselingteacher.com/2020/08/self-care-for-educators.html>





# Contact

Dr. Susan Ridley  
Assistant Professor of Creative Arts Therapy  
Program Director, MA in Art Therapy and Counseling  
College of Liberal and Creative Arts  
West Liberty University  
WV 26074

Email: [susan.ridley@westliberty.edu](mailto:susan.ridley@westliberty.edu)  
Office: 304-336-8251

