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


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
• PATIENTS COME SECOND: LEADING CHANGE BY CHANGING THE WAY YOU LEAD BOOK, PAUL SPIEGELMAN: HTTPS://AMZN.TO/2AXJATK (PREMISE: THE WAY TO EXCELLENT PATIENT-CENTERED CARE IS TO TREAT YOUR STAFF

WE CARE FOR YOU AND WE THANK YOU. PLEASE SEND YOUR BRIGHT SPOTS, AND TIKTOKS TO COVIDWELLNESS@CCHEALTH.ORG; 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.