**Playbook to Inject the Healthy Undercurrent of Stress Management**

*Mental or Physical Impairment Seed*



**The Creative Outlet**

***We recognize as a family that one of the most effective tools for stress management is to engage in expressive activities. Therefore, we will do our part to help Rachael to manage her depression by participating in her choice of “Personal Expression” activities.***

**Who**

* **Rachael with the support of her family (mom, dad, sister and grandma)**

**What**

* **Rachael will engage in one “Personal Expression” activity daily for the next 30 days**

**When**

* **Rachael will spend 20 minutes daily (Monday – Sunday) in her selected “Personal Expression” activity**

**Where**

* **The activity occurs throughout the day and is shared each evening with the family at the dinner table**

**How**

* **For the “*Talking Picture”* activity – Rachael’s parents will provide the blank paper needed for the painting/sketch and the colored pencils or paint requested**
* **For the *“Life in Print”* activity – Rachael’s grandmother will provide Rachael with a small journal book so that she can use it for this activity**
* **For the *“Coloring your Life”* activity – Rachael’s mom will maintain a supply of these pages for when Rachael request one. Mom will supply the crayons and colored pencils needed**
* **For the *“Emotional Pics”* activity – Rachael’s mom will loan Rachael her cell phone for 30 minutes when requested for this activity. The pics will then be shared on the Cloud so that they can be printed out from the computer to be shared at the evening dinner table. Mom will ensure that there is ample printing paper.**
* **For the *“Life with Music”* activity – Rachael will find the three songs on her Ipod to share with the family at the evening dinner table.**

**Personal Expression Activities List:**

1. ***“Talking Picture”* - Paint or Sketch an image that represents your strongest emotion of the day – share the painting or sketch with the family at the dinner table that evening**
2. ***“Life in Print”* – Write a poem or short story (topic of your choice) and share it with the family at the dinner table that evening**
3. ***“Coloring your Life”* – Color a page (downloaded from the Internet at** [**www.coloringpagesforadult.com/**](http://www.coloringpagesforadult.com/)**) with colors that tell a story – share the story with the family at the dinner table that evening**
4. ***“Emotional Pics”* – Take 5 pictures with your mom’s cell phone that stir or create a positive emotion – share the pics with the family at the dinner table that evening and describe the emotional content of each pic**
5. ***“Life with Music”* – Find 3 songs that demonstrate a positive feeling and play them for the family at the dinner table that evening, explaining why you hear the “positive feeling” in the song**