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“The class was a time for me, and it made me realize that no one else is going to take care of me except me,” Ms. Spector said. “Taking my time, allowing myself permission to just shut off for a while is not so easy when life is challenging as a healthcare provider, a mom, and a community activist. It is important to give myself the permission and make self-care a priority.”

Yolanda Martin, a registered nurse who is pursuing a master’s program while working as a case manager for a Gynecology-Oncology specialty clinic, faces high stress in her daily life as she wears many hats.

“Ever since I have been in the Visual Medicine class, I feel way calmer,” Ms. Martin said. “I already have the patience of Job, but I think it extended even more than that after this class. I felt it was just my time to decompress after a long, stressful day.”

Ms. Martin pointed out the positive “ripple effect” that creativity has on her family.

“I have been able to take away a lot of the things that Ms. Julie Williams taught me and pass it onto my niece who is enjoying it. That is our time to decompress.

It teaches her ways to calm herself down too and how to draw out her feelings.”

She also highlighted the health benefits of art such as lower blood pressure and improved mental focus.

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This class nailed the 5 Cs of Wellness 101%, and participants felt their endorphins rise and took this good energy home with them. It helped generate self-compassion and positivity that reflected at work, benefiting patients and colleagues. It also lowered anxiety and stress that are so prevalent.

“I would say that the biggest wellness that has come from it is being able to lighten up and letting go of this idea of perfection,” Ms. Williams said. “It’s counterintuitive, but the outcomes keep getting better and better.”

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