



Healthy Workplace Initiatives Program
Art and Creative Expression

Total Funding Awarded: \$500

UBC Human Resources
604-822-8762
www.hr.ubc.ca/health



Your Role

By implementing an artistic or creative program you are demonstrating a commitment to wellbeing in your workplace. You are taking an active role in creating healthy and sustainable communities at UBC.

The Benefits of Workplace Artistic or Creative Programs

- Art making and art viewing have been used as effective methods of reducing levels of work stress associated with group cohesion and inter-personal conflict¹
- Art therapy enable people to see the points of view of others
- Creative activities can have a health promoting and healing effect as they enable participants to discover commonalities and common ground with others
- Creating art also provides an outlet for transforming or re-imagining negative situations or imagery²

Approved Uses of Artistic/Creative Funding

- Creative and collaborative activity or series of ongoing activities (e.g., knitting club, crafters, group painting etc...)
- Material purchases
- Small equipment purchases*
- Art instructor fees or art workshop fees

**all equipment purchased must remain the property of the hosting department/unit*

Non-approved uses of this funding

- The purchase of gift cards or certificates of any denomination (these are considered taxable benefits by the CRA and are not permitted under UBC's purchasing guidelines for gifts/prizes).
- Operational expenses
 - Hiring of faculty/staff to coordinate or support the program
 - Items that fall within the responsibility of the department to provide

¹ Huet, V. Literature review of art therapy-based interventions for work-related stress. *Int. J. Art Ther.* **20**, 66–76 (2015).

² Huss, E. & Sarid, O. Visually transforming artwork and guided imagery as a way to reduce work related stress: A quantitative pilot study. *Arts Psychother.* **41**, 409–412 (2014).



- Plants, furniture or items that would normally fall to the department to provide
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Implementation Instructions

- Survey potential participants to determine the preferred type of activity/activities to maximize participation
- Survey participants to determine the preferred time for these activities
- Plan a creative and collaborative activity or series of ongoing activities
 - e.g., knitting club
 - craft afternoons (craftafternoons)
 - Adult colouring book breaks
 - group painting (consider displaying the artwork up in the department)
 - pottery class
 - Office decorating/beautification projects
- Find out if members of the department have a special interest or skill that they would be interested in teaching the group (Origami, knitting, watercolour, scrapbooking)
- If your group is interested in starting an ongoing creative club, consider putting together starter kits for participants
 - e.g., knitting starter kit
 - An option is to collect registration fees to help cover costs

Contacts for Implementation

[Michaels Craft Stores](#)

[Adult Craft Ideas](#) (Pinterest)

[Workplace decorating ideas](#) (Pinterest)

Vancouver only

[Four Cats Arts Studio](#)

[Urban Yarns Knitting Store](#)

Kelowna only

[Kelowna Art Gallery](#)

[Art of Yarn](#)

Best Practices and Additional Resources

- Contact: **Miranda Massie** (miranda.massie@ubc.ca), Health Promotions Coordinator
Organized a group canvas painting afternoon for an HR team

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- Contact: **Julie Oya** (julie.oya@ubc.ca), Teacher Education Office
Organized a departmental knitting club