Healthy Workplace Initiatives Program

Art and Creative Expression

Total Funding Awarded: $500
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 conflict.¹
- 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 imagery.²

Approved Uses of Artistic/Creative Funding

- Creative and collaborative activity or series of ongoing activities (e.g., knitting club, crafternoons, 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

- Operational expenses
  - Hiring of faculty/staff to coordinate or support the program
  - Items that fall within the responsibility of the department to provide
  - Plants, furniture or items that would normally fall to the department to provide

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