



HEALTHY WORKPLACE INITIATIVE FUND PROGRAM

ART AND CREATIVE EXPRESSION

THE BENEFITS OF WORKPLACE ARTISTIC OR CREATIVE PROGRAMS

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.

- 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!
- Art therapy enables people to see the points of view of others
- Creative activities can have health-promoting and healing effects 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

KEY CONTACTS

Truelove Twumasi
Workplace Wellbeing Programs
Specialist
t.twumasi@ubc.ca
604-827-2350

Additional Resources

[Michaels Craft Stores](#)

[Adult Craft Ideas](#) (Pinterest)

Vancouver only

[Four Cats Arts Studio
Gallery](#)

[Urban Yarns KnittingStore](#)

Kelowna only

[Kelowna Art
Gallery](#)

[Art of Yarn](#)

Running your arts/creative expression Initiative



- 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
 - knitting club
 - craft afternoons (crafternoons)
 - Adult colouring book breaks
 - group painting (consider displaying the artwork in the department)
 - pottery class
 - watercolouring workshop
 - 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

Key Considerations

- Embed your initiative within existing team meetings and annual retreats to have a creativity component
- "Stretch the funding" consider purchasing materials with the future in mind

HOW THE FUNDS BE CAN USED

Funds can be used for:

- 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

Funds cannot be used for:

- Hiring of faculty/staff as instructors, to coordinate or support the program
- Reimbursement of private insurance or professional fees for external facilitators
- Items that fall within the responsibility of the department to provide
- The purchase of stereo or electronic equipment
- Individual monetary reimbursements for gym memberships/fitness classes/entry fees
- The purchase of gift cards or certificates of any denomination
- Charitable donations