

Example Past Initiatives:

- Offer a facilitated session with an Art Therapist to guide creative expression.
- Organize a photo voice activity on a topic related to employee well-being.
- A 6-month program with a new creative activity each month, helping employees express thoughts and feelings while building connection and community through experimentation and play.



Wellness @Work

Grant Program: Arts and Creative Expression

Description of Grant (\$500 max): Funds projects utilizing art, painting, crafting, or other creative mediums to support employee mental wellbeing, relaxation, and self-expression.

The Benefits

- There is growing evidence that creative arts activities improve mental health and overall well-being (Gillam, 2018)
- Creative expression in the workplace (visual arts, writing, music, crafts) builds resilience (Jean-Berluce, 2024)
- Creative activities support cognitive, emotional, physical, and social well-being
- Greatest benefits come from participatory, group, and community-based activities that support self-expression (Gillam, 2018)
- A study on the combination of arts-based and mind-body practices in a higher education setting resulted in positive impacts on attendees' wellbeing mind-body practices in a higher education setting resulted in positive impacts on attendees' wellbeing (Cortesi et al., 2025)

Key Considerations

- Clearly identify the intention regarding how the creative activity will support mental well-being, resilience, and connection amongst participants.
- Emphasize the process of creative expression rather than the outcome.
- Choose or adapt a space that is accessible and conducive to creativity.
- If you are purchasing art materials, consider storage of supplies
- If running in-person sessions allow time to set up and clean up of space.